

# Havering and East London Ramblers

[www.haveringeastlondonramblers.btck.co.uk](http://www.haveringeastlondonramblers.btck.co.uk)

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## **Programme and Newsletter August - November 2017**

### **Secretary's Report**

#### **Annual General Meeting**

7.30pm on Monday 23rd October 2017 in the Meeting Room at Hornchurch Library, 44 North Street, Hornchurch RM11 1TB.

A Nomination Form is at the end of this newsletter.

All members are welcome.

We have been instructed to tell all leaders not to take any unaccompanied children or young persons under 18 on walks. This has come from a group called "Children 1st". We don't normally get unaccompanied children anyway, so it's no great problem.

Ken Richards

### **Havering Footpath & Countryside Officer**

#### **Footpath Maintenance Working Party**

Thank you from me and James Rose at Havering Council to everyone who has already helped with footpath maintenance work in 2017.

We meet once a month on a Friday for most months of the year. Our usual meeting time is 9.45 am near where we will be working and we usually finish by 1.00 pm. Information about the jobs will be available from me on a monthly basis.

Provisional dates for this programme are Friday 18th August 2017, Friday 8th September 2017, Friday 20th October 2017 and Friday 10th November 2017.

It would be very helpful if Ramblers would let me know of footpaths in Havering where work needs to be done.

N.B. As usual we include an additional reminder of the provisional dates of footpath maintenance working parties in the body of the programme. We hope that this will help all walkers to plan a date when they can participate in one of the working parties. A clear path makes it much easier for all walkers.

Joan

### **Interim Walks Secretary**

The introduction of the walks calendar on our website has proved a very useful tool which I think that we all benefit from. It's easy for everyone to see what's coming in the next programme, and which dates are available if looking to lead a ramble. If using the internet is not for you, there is still the option to contact me in person or by phone. We add the start time on the calendar for each ramble, with the finish time being only a very rough guide (i.e. guesswork by me). Check first if a finish time is important to you (giving you the opportunity to drop out or change your plans, for example). However, could all ramblers please note that no-one can guarantee a specific finish time.

Help! Have you got a ramble tucked away somewhere which, although you might not be able to lead, someone else could use? Although happy to lead rambles, I don't think that I'm alone in my struggle to work out a suitable route. Please let me know of any which could be used, and maybe we can build up a stock for people to delve into. We would need start and finish locations, plus all the twists and turns in-between (a map would be a helpful addition).

Thank you to all walk leaders who have been generous with the time they give for the benefit of us all.

Marion

01708 457547 (with answerphone)

Email: marionf1949@gmail.com

## **Web Master & Information**

You will be aware that for some years we have been supported by Ramblers Worldwide Holidays. Not only do they have a feature in the programme, but they also run a scheme where we receive a donation for each holiday that is taken for which we are nominated, known as The Walking Partnership. So book your walking holidays with:

[www.loadoffyourback.co.uk](http://www.loadoffyourback.co.uk)

[www.adagio.co.uk](http://www.adagio.co.uk)

[www.chaptersholidays.co.uk](http://www.chaptersholidays.co.uk)

[www.ramblersholidays.co.uk](http://www.ramblersholidays.co.uk)

Nominate Havering and East London Ramblers when booking to ensure that we receive vital funds through the walking partnership. Members of the group who have booked holidays with RWH have told me that they are very good and travel repeatedly with them.  
Peter



## **London Loop**

Well here we are, finally at the closing stages of the LOOP.

This programme will see us completing our epic journey and what a journey it has been.

We started on a fairly miserable day at Erith, which even on a nice day is not that inspiring. Luckily our day was brightened up by seeing seals and having an impromptu talk by a conservation officer, before finally arriving at Hall Place for a well-earned tea and cake. Thereafter, we had many varied sections, some good, some not so good. Highlights for me will include the beautiful lavender field with its red phone box and the rather incongruous coffee stop at a church where they thought we were taking part in the “pokemon go” craze.

In the last programme we had a very unusual stop at a café where everyone was smoking hooka pipes – bizarre, and a lovely stop in Trent Park where I can definitely recommend the café.

It's not all been about tea and cake. We have had some beautiful scenery along the way and discovered places none of us knew existed, including Nonsuch Place, an unlikely name for one of Henry V111's palaces. I am sure we still have a few more sights to discover before we arrive at Purfleet, so why not join us.

When you read the programme you will notice that there is no LOOP walk in October. This is for two reasons: I want to do an all -day walk whilst we still have plenty of daylight and fairly good weather in autumn and secondly it gives people a chance to catch up on any LOOPS they have dropped (always had that problem when knitting) before the celebration at the end.

I am planning to finish at the RSPB centre at Rainham Marshes on 5<sup>th</sup> November for a celebration lunch/afternoon tea.  
Sandra Dalton

**\*\*STOP PRESS\*\*** Due to likely changes to each LOOP ramble, please contact Sandra to confirm walk details.

### **Christmas Lunch 2017**

The Christmas Lunch has been booked for Tuesday 12th December at Ye Olde Plough House, Brentwood Road, Bulphan RM14 3SR.  
[www.yeoldeploughhouse.co.uk](http://www.yeoldeploughhouse.co.uk)



### **Dogs on walks**



To comply with the Disability Equality Act (2010), we must allow registered assistance dogs to participate with their owners e.g. guide, hearing, service, therapy and seizure alert dogs.

We will continue to let Walks Leaders decide whether to allow non-assistance dogs to participate in their walks.

## **All walks**

If the weather is inclement, please check our web site (see page 1), or contact the leader, to see if the walk will take place.

For specific walk-related enquiries, please contact the walk leader direct before phoning the group mobile phone number.

London walks can attract a large number of ramblers, many from other groups. This is due to people finding these walks in the Walk Finder section of the Ramblers website ([www.ramblers.org.uk](http://www.ramblers.org.uk)). Therefore if you would prefer not to have your walk included in Walk Finder please let the Walks Secretary know when you supply your walk details.

Visit the TFL web site ([www.tfl.gov.uk](http://www.tfl.gov.uk)) to check your route and the availability of public transport before travelling, especially at weekends, to allow for the planning of alternative routes.

## **Car share**

Please car share where possible, as parking is often quite limited.

## **Walking with the Ramblers**

All sporting activities have inherent hazards associated with them, and rambling is no exception. In spite of the safety of members always being the paramount concern, accidents will occasionally occur. It is therefore important that when entering into the activity, each member appreciates that they have a responsibility to identify the hazards associated with the activity, and take all reasonable steps to eliminate or minimize the potential for an accident to occur.

The Ramblers Association is a company limited by guarantee, registered in England and Wales. Company registration number 445892. Registered charity in England and Wales Number 1093577. Registered office, 2 Floor, Camelford House, 87-90 Albert Embankment London SE1 7TW.

## **Havering and East London Ramblers Committee Members**

Chair:

Mary Richards

01708 375559

Secretary:

Ken Richards, 26 Arundel Road

Harold Wood, Romford.

RM3 0RT

01708 375559

Treasurer:

John Smith

Membership Secretary:

Diane Biggadike

Minutes Secretary:

Diane Biggadike

Interim Walks Secretary:

Marion Franklin

01708 457547

Havering Footpath & Countryside Officer:

Joan Bullivant

Newham Footpath & Countryside Officer:

John Buckle\*

Webmaster:

Peter Owen

Ordinary Committee Member:

Ian Rusha

\*For information only



As you read through this programme please start thinking about any walks that you could put on the next programme.

To help you to get dates that suit you we are happy to accept walks from the beginning of August. Thank you.

## **AUGUST**

### **Tuesday 01 August 10:30**

**Gordon Warren**

Meet at Wanstead Underground Station for a circular walk. Toilet stop near start.

Registered assistance dogs only.

**5.5 miles**

### **Saturday 05 August**

*No walk planned. If you would like to lead a walk please email the details to [haveringeastlondonramblers@gmail.com](mailto:haveringeastlondonramblers@gmail.com)*

### **Sunday 06 August**

**Sandra Dalton**

London LOOP, Chigwell – Harold Wood

Time and meeting place TBC. We will be walking on familiar ground on this section. Along the way we pass The Kings Head in Chigwell, where they used to hold meetings of the Verderer's Court to decide hunting/grazing rights. And then on to Hainault Forest and Havering Atte Bower with it's avenue of lovely Giant Redwood trees and spectacular views of the London skyline.

Registered assistance dogs only.

**11 miles**

### **Tuesday 08 August 10:30**

**John Smith**

Meet at Angel Station for a linear walk by canal to East London.

Registered assistance dogs only.

**6 miles**

### **Saturday 12 August**

*No walk planned. If you would like to lead a walk please email the details to [haveringeastlondonramblers@gmail.com](mailto:haveringeastlondonramblers@gmail.com)*

**Sunday 13 August**

*No walk planned. If you would like to lead a walk please email the details to [haveringeastlondonramblers@gmail.com](mailto:haveringeastlondonramblers@gmail.com)*

**Tuesday 15 August 10:30****John Buckle**

Meet at the Epping Forest Visitor Centre, Paul's Nursery Road, High Beach, for a walk round Epping Forest (hilly in parts)

Postcode: IG10 4AF

Registered assistance dogs only.

**5 miles****Friday 18 August****Joan Bullivant**

Footpath Clearance

See editorial for more details.

**Saturday 19 August 10:15****Joan Bullivant**

Meet at Baker Street underground station (Marylebone Road entrance) for a linear walk to Swiss Cottage underground station.

Registered assistance dogs only.

**6 miles****Sunday 20 August 10:00****Joan Bullivant**

Meet at Epping Forest Visitor Centre, Paul's Nursery Road, High Beach for a circular walk in Epping Forest. Pub or café stop but advisable to bring a packed lunch.

Postcode: IG10 4AF

Registered assistance dogs only.

**10 miles****Tuesday 22 August 10:30****John Smith**

Meet at Finsbury Park Station for a walk via the old railway embankment and London parks to Alexandra Park.

Registered assistance dogs only.

**6 miles****Saturday 26 August 10:15****Alan Kendrick**

Thorndon Parks: Meet at King George's Playing Field Car Park (free), Ingrave Road, Brentwood (A128). Circular walk going through woodland and fields but on firm footpaths and tracks.

Postcode: CM13 2AQ Grid Ref: TQ605930

Registered assistance dogs only

**5-6 miles**



**Sunday 27 August 09:00 Kathleen and Norman Valentine**  
Meet at Harold Wood Station car park for car share to Bradwell - on -  
Sea for a circular walk to St. Peter's Chapel. Packed lunch advisable.  
Registered assistance dogs only **7 miles**

**Tuesday 29 August 10:30 Peter Rees**  
Meet at Manor Park Station for a linear walk through Wanstead Park  
and Flats finishing at Wanstead Park / Forest Gate Stations.  
Registered assistance dogs only. **5.5 miles**

## **SEPTEMBER**

**Saturday 02 September 10:30 John Smith**  
Meet at Embankment Station for a linear walk through the Royal parks  
(St James Park, Green Park, and Hyde Park) to Knightsbridge.  
Registered assistance dogs only. **6 miles**

**Sunday 03 September Sandra Dalton**  
London LOOP, Harold Wood - Rainham.  
Time and meeting place TBC.  
This is the beginning of the end to paraphrase Churchill. The final  
section of the LOOP has been split in two to make it more manageable.  
Plenty to see along this section with new forests, old windmills and  
Battle of Britain airfields to name but a few.  
Registered assistance dogs only. **9 miles**

**Tuesday 05 September 10:45 Les & Jan Cannings**  
Catch the 9:46 train from Upminster Station to Benfleet Station. (Toilets  
on station platform.) Meet Les at Benfleet to catch the No.21 bus at  
10:29 to Canvey seafront. If coming by car, park in the first car park on  
right after Thorney Bay caravan site, postcode: SS8 0DB, opposite The  
Parkway (charges apply) for a walk along the sea wall.  
Registered assistance dogs only. **5.5 miles**

**Friday 08 September Joan Bullivant**  
Footpath Clearance  
See editorial for more details.

**Saturday 09 September 10:15**

**Rosalind Kendrick and Shirley Andrews**

Meet at Bedfords Park Visitor Centre Car Park, Broxhill Road, Havering-atte-Bower for a circular walk through Bedfords Park and Havering Country Park.

Post Code: RM4 1QH

Grid Ref: TQ520922

Registered assistance dogs only.

**5 Miles**

**Sunday 10 September**

*No walk planned. If you would like to lead a walk please email the details to [haveringeastlondonramblers@gmail.com](mailto:haveringeastlondonramblers@gmail.com)*

**Tuesday 12 September 10:00**

**John Smith**

Meet at Epping Forest Visitor Centre, Paul's Nursery Road, High Beach, for a circular walk to Queen Elizabeth Hunting Lodge and Connaught Water.

Postcode: IG10 4AF

Registered assistance dogs only.

**6 miles**

**Saturday 16 September 10:00**

**Rose and Chris West**

Meet at Hacton Lane Car Park for a circular walk via Hornchurch Country Park, Cranham Church to Puddle Duck (for break).

Nearest postcode: RM14 2NL

Registered assistance dogs only.

**7 miles**

**Sunday 17 September**

*No walk planned. If you would like to lead a walk please email the details to [haveringeastlondonramblers@gmail.com](mailto:haveringeastlondonramblers@gmail.com)*

**Tuesday 19 September 10:30**

**Ian Rusha**

Meet at Totteridge and Whetstone Station for a linear walk to Cockfosters Station. Mostly good paths, some hilly parts. Takes in parts of Dollis Valley Greenwalk and London Loop. Take refreshments and drink as no opportunities on route. Toilet facilities at stations on platforms at start and finish of walk.

Registered assistance dogs only.

**Approximately 6 miles.**

**Saturday 23 September 10:00****Carol Thomas**

Meet in Central Park car park, Petersfield Avenue, Harold Hill for a circular walk including the Ingrebourne Valley and The Manor.

Postcode: RM3 9PB

Registered assistance dogs only.

**4-5 miles****Sunday 24 September 10:00****Ron Lockhart**

The Four Ponds Walk.

(Joint walk with Rambles Association Thurrock Society.)

Meet at the Ingrebourne Hill car park, Rainham Road, Rainham.

Parking is currently free (but this could change). This moderate circular walk takes in four large fishing lakes as well as walking through Hornchurch Country Park and surrounding countryside. Lunch break will be in the country park visitors centre.

Postcode: RM13 8ST

Grid ref: TQ522830.

Registered assistance dogs only.

**Approx. 10 miles moderate****Tuesday 26 September 10:30****Anne Baker & Chris O'Connell**

Meet on upper level of St Pancras International Station (by the Meeting Place Statue of a couple kissing). A linear walk, slightly hilly in parts, along Regents Canal, Primrose Hill and Hampstead Heath, finishing at Gospel Oak Station.

Registered assistance dogs only.

**Approx. 5 miles****Saturday 30 September 10:30****Les & Jan Cannings**

Meet at Crystal Palace Station for a linear walk to Nunhead Station.

This is part of the Green Chain walk. It is a little hilly but the views are worth it. Toilets are on platform one before exiting the station.

Registered assistance dogs only.

**5.5miles****OCTOBER****Sunday 01 October 09:30****Kathleen and Norman Valentine**

Meet at Harold Wood Station car park for car share to Fyfield for a circular walk to Ongar. Packed lunch advisable.

Registered assistance dogs only.

**8 miles**

**Tuesday 03 October 10:15**

**Marion Franklin**

Meet at Tesco's near Bromley-By-Bow station for a walk to, through and beyond the Olympic Park, returning to finish at Westfield, Stratford.  
Postcode: E3 3DA

Registered assistance dogs only.

**5 miles**

**Saturday 07 October 09:45**

**Coral O'Neill**

**Children in Need Sponsored Walk.**

Meet at Upminster Station (Hall Lane entrance). Train to Chalkwell Station then walk to Southend (including the pier, weather permitting)

Registered assistance dogs only.

**Approx. 5 miles**

**Sunday 08 October 09:00**

**Joan Bullivant**

Meet in Harold Wood Station car park for a car share to Ongar for a circular walk. Please bring a packed lunch.

Registered assistance dogs only.

**10 miles**

**Tuesday 10 October 10:15**

**Carol Thomas**

Meet in the Davy Down Riverside Park car park (off Pilgrims Lane), North Stifford for a linear walk along the Mardyke Valley to South Ockendon Church (2 stiles). The 370 bus goes back to Davy Down. Remember your bus pass! Toilets in Davy Down but not always open.  
Postcode: RM16 5UL

Registered assistance dogs only.

**6 miles**

**Saturday 14 October 10:00**

**Rose & Chris West**

Meet at Catford Bridge Station for a somewhat hilly circular walk via Blythe Hill Fields, One Tree Hill, Brockley, Hillyfields Park and Ladywell Fields.

Registered assistance dogs only.

**5 miles**

**Sunday 15 October 09:00**

**Sandra Dalton**

Meet at Harold Wood station for car share to Penshurst in Kent. A walk taking in the beautiful village of Chiddingstone with lovely views throughout. Lunch at Chiddingstone (pubs, café and churchyard) with possibility of afternoon tea at Penshurst.

Registered assistance dogs only.

**7-12 miles** (The walk can be varied in length depending on weather, conditions or participants)

**Tuesday 17 October 10:45**

**Ian Rusha**

Meet at Oakleigh Park Station (Alverstone Road exit) for a linear walk to Cockfosters Station. Mostly good paths, via part of Pymmes Brook Trail and Trent Country Park. No toilet facilities at the start. Cafe/toilets at Trent Country Park.

Registered assistance dogs only. **Approximately 5.5 / 6 miles.**

**Friday 20 October**

**Joan Bullivant**

Footpath Clearance

See editorial for more details.

**Saturday 21 October 10:15 Roy Clemance and Maureen Collins**

Meet at Clapham South Station for a circular walk from Clapham Common to Wandsworth Common via Wandsworth Prison.

Registered assistance dogs only. **5.5 miles**

**Sunday 22 October 10:00**

**Joan Bullivant**

Meet in Rise Park car park (access via Beaulay Way, Romford) for a circular walk. Lunch stop at Bedfords Park visitor centre but advisable to bring a packed lunch.

Nearest postcode: RM1 4XJ Grid Ref: TQ515907

Registered assistance dogs only. **10 miles**

**AGM Monday 23 October**

See editorial for more details.

**Tuesday 24 October 10:15**

**Joan Bullivant**

Meet at Chadwell Heath Station for a linear walk to Fairlop Underground Station.

Registered assistance dogs only. **6 miles**

**Saturday 28 October 10:30**

**Peter O'Neill**

Meet at King George V DLR Station. Walk to Greenwich Park via the Thames Barrier.

Registered assistance dogs only. **Approx. 5 miles**

**Sunday 29 October 09:00 Kathleen and Norman Valentine**

Meet at Harold Wood Station car park for car share to Burnham –on - Crouch for a circular walk. Packed lunch advisable.

Registered Assistance dogs only **8 miles**

**Tuesday 31 October 10:30 Gordon Warren**

Meet at Theydon Bois Underground Station for a circular walk. Toilets on platforms.

Registered assistance dogs only. **6 miles**

**NOVEMBER**

**Saturday 04 November 10:15 Peter Rees**

Meet at the Riverside (Barges) car park off Coldharbour Lane, Rainham for a circular walk to the Purfleet RSPB.

Nearest Post Code RM13 9YQ Grid Ref TQ516805

Latitude N51.499274 / Longitude E0.183433.

Registered assistance dogs only. **5.5 miles**

**Sunday 05 November Sandra Dalton**

London LOOP, Rainham – Purfleet (The End)

Time and meeting place TBC.

**N.B.** Please check the website or phone the walk leader to ensure that this walk is going ahead.

Well, here we are. The final section. As we finish our journey and look back on everything we have achieved, we have a chance to enjoy one last surprise – RSPB Rainham. A fairly new reserve with plenty of unusual birds and great views of the QE2 bridge. I intend to finish at the visitor centre which gives people a chance to finish the day birdwatching or just enjoy a well- earned lunch/afternoon tea.

Registered assistance dogs only. **4-5 miles**

**Tuesday 07 November 10:15 Coral O'Neill**

Meet outside Roomes Stores, Station Road, Upminster for a linear walk to include local parks, finishing at the Queen's Theatre, Hornchurch.

Registered assistance dogs only. **5 miles approx.**

**Friday 10 November Joan Bullivant**

Footpath Clearance

See editorial for more details.

**Saturday 11 November 10:00****John Smith**

Meet at Hacton Lane Car Park for a walk around Hornchurch Country Park.

Nearest postcode: RM14 2NL

Registered assistance dogs only.

**6 miles****Remembrance Sunday 12 November 09:45****Joan Bullivant**

Meet at St. James's Park underground station for a Remembrance Day walk to Embankment underground station. Park café/kiosk stops but advisable to bring a packed lunch.

Registered assistance dogs only.

**10 miles****Tuesday 14 November 10:15****Joan Bullivant**

Meet in the Millennium Centre Car Park, off Dagenham Road, Dagenham, for a circular walk.

Nearest postcode: RM7 0QX

Grid Ref: TQ509860

Registered assistance dogs only.

**6 miles****Saturday 18 November 10:00****Ken Richards**

Meet at King George's Park playing fields, Hartswood Road, Brentwood.

Grid Ref: TQ601928.

Registered assistance dogs only.

**5 miles****Sunday 19 November 09:00****Kathleen and Norman Valentine**

Meet at Harold Wood Station car park for car share to Epping Forest for a circular walk (hopefully with good Autumn colours). Packed lunch advisable.

Registered Assistance dogs only.

**9 miles****Tuesday 21 November 10:30****John Smith**

Meet at Mile End Station for a walk in Mile End Park, then along the canal to Victoria Park and the Regents canal to Kings Cross.

Registered assistance dogs only.

**6 miles****Saturday 25 November 10:30****John Buckle**

Meet at Westminster Station for a walk through Mayfair, Soho and Covent Garden finishing at Embankment station.

Registered assistance dogs only.

**5 miles.**

**Sunday 26 November**

*No walk planned. If you would like to lead a walk please email the details to [haveringeastlondonramblers@gmail.com](mailto:haveringeastlondonramblers@gmail.com)*

**Tuesday 28 November 10:30****John Smith**

Meet under the clock at Waterloo Station for a walk to Battersea Park then on to finish at Knightsbridge Station.

Registered assistance dogs only.

**6 miles**

# Roses of Regents Park



<b>With thanks to our Walk Leaders for this programme</b>
Alan Kendrick
Anne Baker
Carol Thomas
Chris O'Connell
Coral & Peter O'Neill
Gordon Warren
Ian Rusha
Jan & Les Cannings
Joan Bullivant
John Buckle
John Smith
Ken Richards
Marion Franklin
Norman & Kath Valentine
Peter Rees
Ron Lockhart
Rose & Chris West
Rosalind Kendrick
Roy Clemance and Maureen Collins
Sandra Dalton
Shirley Andrews

## **Ramblers Holidays Walking Partnership**



The Havering and East London Ramblers group has recently joined The Walking Partnership. This new partnership, supported by Ramblers Worldwide Holidays, provides direct financial contributions to local walking groups to help with organising group walks, encouraging people to get out walking, helping to clear and improve footpaths, providing equipment to help walkers etc. Over the past 65 years, Ramblers Worldwide Holidays has given many millions of pounds to assist walking charities and conservation projects in Britain and the countries they visit on their worldwide holidays. Now our group can benefit directly.

Ramblers Worldwide Holidays operate group walking holidays in the UK and all around the world. Each holiday is accompanied by a qualified walks leader, so you can leave all the organising to them and just enjoy meeting like minded people and of course, some fantastic walking. Holidays are graded in terms of difficulty, and there is a full range from sightseeing right up to hut-to-hut mountain treks. Take a look at their website on [www.ramblersholidays.co.uk](http://www.ramblersholidays.co.uk) or give them a call on 01707 33113 for more details or to order a brochure.

Remember when you book to quote the name of our group, and we will then receive a contribution of £10 per person on UK holidays, £20 per person on short haul holidays, and £30 per person on long haul holidays. This extra funding could really make a difference to us.



Ramblers Charity England & Wales No: 1093577 Scotland No: 50039799

A moment to pause. Breathing in clear air. Sharing interests and conversations as you ponder the hills ahead. We have your passion for exploring worldwide and in the UK.

Choose any of our holidays and we'll contribute funds through **The Walking Partnership** to your group. Just tell us their name when you book.

Book a great value holiday:  
**ramblersholidays.co.uk**  
or call **01707 386804**



Walking holiday partner



**Ramblers**  
**Walking**  
**Holidays** **R**

# Havering and East London Ramblers

## Annual General Meeting

7.30pm on Monday 23rd October 2017 in the Meeting Room at  
Hornchurch Library, 44 North Street, Hornchurch RM11 1TB

## Nomination Form

Name of Nominee: .....

Position of Nominee:.....

Nominee Signature: .....

Proposed by: .....

Proposer Signature: .....

Seconded by: .....

Seconded Signature:.....

N.B. Please sign to validate nomination

Please send by 14th October 2017 to:

The Secretary  
Mr Ken Richards  
26 Arundel Road  
Harold Wood  
Romford  
RM3 0RT

Enclose S.A.E. if acknowledgement is required.

If any member wishes to put forward a proposal to improve how the Group is run, please send details of the proposal for inclusion in the agenda by 14th October 2017.

It must be seconded and forwarded to Mr Ken Richards at the above address.