

HSWC – Newsletter July 2025

July already! The AGM seems a long time ago and the committee are now focussed on the walking schedule and developing our first aid cover across the membership – more on that topic later in the year.

New Walk Leaders/Buddying

You will have seen the new walking schedule and noticed a few blanks. Some of these were filled quickly – and thanks to those of you who stepped up when the gap was apparent. However, we do need a few more people to help with leading walks. The Club relies on our leaders (obviously). Please do volunteer. We can help with ‘buddying-up’ or perhaps a couple of you want to work together to boost confidence and play to strengths. Please do have a word with a walk coordinator (Sue or Marilyn) and we can organise help if wanted/needed. We all had to start at some point – give it a go!

Coach trip for Thames Path

Thanks to all involved in organising and running the London coach trip. For those of you who could not join in, we had an excellent day out with 3 options (the full walk to Greenwich and back to the Tower of London or just one of the north or south sections leaving time to be a tourist) for the walk along the Thames Path led by Mary Hewitt. The weather was kind (almost too warm) and we saw some excellent sights seeing familiar areas from a different perspective along the river.



Confident using What3Words?

It has cropped up in conversations that some people are not confident about how to use What3Words (assuming they have a smartphone). This useful app helps to identify a location and can also be used to locate a specific point eg commonly the car park at the start of a walk. If you want a quick bit of help, please contact either a walk coordinator or a walk leader and they will either help you or put you in touch with someone who can help.

Hot weather walking

Cancelled and rearranged walks due to flooding and muddy conditions seem a distant memory. I realise that I might be 'teaching grandmother to suck eggs' but better safe than sorry! When out walking please ensure that you carry enough water, have sun protection and perhaps insect repellent. Ticks are another issue we have to consider. Do have tick removal devices – often you do not see the red ring until you are home after the walk, but it is important to get the tick out and to apply antiseptic.

Peak District Weekend

There has been a good response to the planned Peak District weekend (October 24th to 27th, travelling up for Friday evening, walking on Saturday and Sunday along with a shorter one on Monday before we travel back). We will be staying in Leek and walking in the SW parts of the Peak District. Some of the walks are already plotted – The Roaches, Dove Dale and Thor's Cave. This year we will be including a shorter alternative running in parallel to the Moderate/Hard walk. Accommodation will be on a DIY basis – Leek offers a range of choices. If you have any queries about the weekend please contact me (andrewesnowden@gmail.com).

Members in the press/starring in GWH Magazine

You may well have seen Robin Clegg on TV in his role building the case to protect the old Highworth golf course (I gather he now charges for autographs!!!). The matter is well publicised in the local and regional press.

Also, three of our members – Katie, Lucy and James appeared in the GWH in-house magazine recognising their contribution as volunteers at the hospital. The article author was interested in the 'family approach' crossing generations and their motivations for 'signing up' and their interests in the work they are doing.



Well done all.

Enjoy your walking.