

OADBY HILL WALKING CLUB NEWSLETTER



May 2026

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Club Announcements

Walking Routes

Can all club members look at the walking routes available on the OHWC website: <https://www.oadbyhillwalkingclub.com>, & also on the club WhatsApp group prior to joining each month's coach trip, so the walk list can be passed round the coach more efficiently please. Each month's walk routes are put up on the club website in the week before the monthly walk.

Walking Boots

Club members are reminded that when joining club walks, they must wear walking boots with ankle support. The only exception to this rule is if club members have a valid medical reason for not wearing boots with ankle support.

2026/2027 Monthly Walk Destinations

Adam Wakley has recently published the monthly OHWC walk destinations for May 2026 to April 2027. See below:

- 07 June 2026 Hayfield, Derbyshire
- 05 July 2026 Algreave, Cheshire
- 02 August 2026 Dursley, Gloucestershire
- 06 September 2026 Langsett, Yorkshire
- 04 October 2026 Longnor, Staffordshire Peak District
- 01 November 2026 Long Shawlodge, Peak District
- 06 December 2026 Biggin, Derbyshire Peak District
- 03 January 2027 Wirksworth, Derbyshire
- 07 February 2027 Kingsley Holt, Leek
- 07 March 2027 Taddington, Derbyshire Peak District
- 04 April 2027 Andoversford, Cotswolds

OHWC Annual General Meeting Update *(by Ann Branson)*

The Club held its **52nd Annual General Meeting** on Saturday 25th April followed by a game of pub Skittles (now a tradition as it boosts attendance!) 21 members came along. Our Treasurer Martin Beckett confirmed the good state of club finances, with a small surplus over the year. This means we can keep the Membership fees & Coach Fare the same for the coming year. He said we were pleased with the service & value for money of Orbit Coaches so we will continue with them. He proposed we should no longer make the first walk free, but charge £20, & that we donate £300 to Mountain Rescue & £100 to Air Ambulance. The members agreed.

Mike Hewitt our Membership Officer said we had 78 members, 10 less than the previous years, but 6 recent guests have qualified to join, & we have 16 new active guests. Coach seat take up has been very good in last three months. Members were reminded they need to fill in a new form each year & these have been sent out for return by 31st May.

Tim Akers our Safeguarding Officer gave a detailed report of how the Committee dealt with two Safeguarding Issues over the last year, resulting in a person having their membership revoked. Ann Branson proposed some procedural changes to the Constitution so that it better reflects the changing nature of Club Business & responsibilities.

Members agreed to create two new titles & roles of Committee Officers. The new posts are a Communications & Social Secretary, instead of a Social Secretary & a Newsletter officer; & to make it clear that the Safeguarding Officer is a formal Officer on the Committee. Members also agree Ann's proposal that there is no restriction on the number of times a member can stand for election or re-election to the Committee. Ann made it clear that people still had to be voted in

every three years & the Committee was very keen to have new members coming forward for vacancies. Members agreed these changes.

The members then voted in Martin as continuing Treasurer; Tim as continuing Safeguarding Officer & Gala Suarez as our new Comms & Social Secretary.

ADVANCE WARNING! Next year we will need volunteers to stand for Membership Secretary & Chair. Just ask Mike Hewitt & Martin Beckett what's involved if you think you can help run the Club.

There was then discussion & questions from Members about our use of WhatsApp & how we book walks. Martin told us that the Committee agreed there were things to look into & our new Comms Secretary, Gala, is brimming with ideas! Watch this space!

Finally, Martin thanked Elaine for her sterling work on the challenging old website & Facebook. She has set the ball rolling for our new website & Gala is raring to go! Martin thanked Tim for the much-improved Newsletter. Martin also reminded everyone he would like someone else to take over as Chair next year & as Treasurer in three years. He said 'We always need fresh ideas & enthusiasm to take the club to the next level, wherever that may be.'

Safeguarding

The OHWC is committed to safeguarding in line with national legislation, & national & local guidelines. We ensure safeguarding by ensuring our club is run in a way which keeps our club members safe.

We all have a responsibility to safeguard adults & young people who are experiencing, or are at risk of, abuse & neglect.

The OHWC is committed to creating a culture of zero tolerance of harm to our club members which necessitates:

- The recognition of club members who may be at risk & the circumstances which may increase risk.
- Knowing how abuse, exploitation or neglect manifests itself.
- And being willing to report safeguarding concerns.

The OHWC Safeguarding Policy & associated procedures apply to all individuals who are involved in the OHWC, including the committee & the walk leaders, to all concerns about the safety of club members whilst taking part in club activities, & in the wider community.

All club members are encouraged to report any safeguarding concerns, no matter how trivial they seem to the club at OHWCsafeguarding@gmail.com. All such communications will be treated as strictly in-confidence & will be investigated thoroughly.

The OHWC Safeguarding Policy & Guidance document is on the club website at <https://www.oadbyhillwalkingclub.com/safeguarding.html>

Charitable Endeavours

Tim, Elaine Akers, & Clare Savage: 26 Mile Mighty Hike around the Gower Peninsula for Macmillan Cancer Support (27th June 2026)

Tim, Elaine, & Clare are walking 26 miles around the Gower Peninsula in Wales to help people living with cancer. This will be Elaine & Clare's seventh Macmillan Mighty Hike, & Tim's third.

The Gower Peninsula was the first place in Britain to be named a National Landscape with its sweeping beaches & beautiful cliffs. Elaine, Tim & Clare are starting their Mighty Hike in the ruins of Penrice Castle before walking clockwise around the peninsula, past Oxwich Bay Beach & Port Eynon Beach before circling back to Penrice Castle.

Elaine is walking this year in memory of her eldest brother Steve, who sadly passed away last in July last year aged 68 after a very sudden diagnosis of oesophageal cancer. Clare is also taking on this challenge in memory of Steve.

Tim is doing the Mighty Hike in memory of his brother-in-Law Steve, & in memory of his first wife Kim, who passed away in June 2007 at the age of 42 from a metastasis of breast cancer in her liver, lungs & brain.

Macmillan Cancer Support is a registered charity in England & Wales (261017) & has spent more than 100 years helping people living with cancer. From the moment someone is diagnosed with cancer, they are there with all the information, support & guidance needed, to help everyone with cancer live life as fully as they can. From personal experience, they were a massive support during & after Steve's & Kim's final illnesses.

Further information on the amazing work Macmillan Cancer Support does may be found [here](#).

Elaine & Clare are still setting up their JustGiving pages for people to sponsor them. Please contact them privately for details.

Tim's JustGiving page is here: [Tim Akers's Gower Peninsula Mighty Hike JustGiving sponsorship page](#).

Elaine, Tim & Clare are hugely grateful for any sponsorship received from Club members.

Lake District Trip – May2027

Derwentwater Hotel, Lake District (May 2027)

The committee are pleased to confirm that we've taken the last rooms available in the Patterdale Hotel for our May 2026 trip. There are now 22 club members in the group.

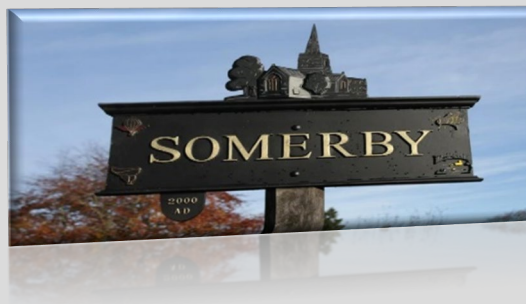
There are now 28 members going to the Derwentwater Hotel in May 2027. There may still be some availability if other club members wish to attend the party. Telephone Alfa Travel on 01257 248000 should you wish to make enquiries.

WALKS

May's Bank Holiday Mid-Month Local Walk (Led by Adam Wakley)

Somerby (Monday, 25th May 2026) – 9 miles (1000 ft ascent)

Adam would like all interested walkers to meet him at Somerby Stilton Cheese pub at 09:45. Parking is tight in the village so best to park on Newbold Road. The circuit will take you from Somerby, Thorpe Satchville, Twyford & Burrough on the Hill. The walk could be shortened.



Preferably email ohwcmail@gmail.com or **WhatsApp** if you are planning to attend, bring pack lunch, & there is "potentially" a drink after at The famous Stilton Cheese pub.

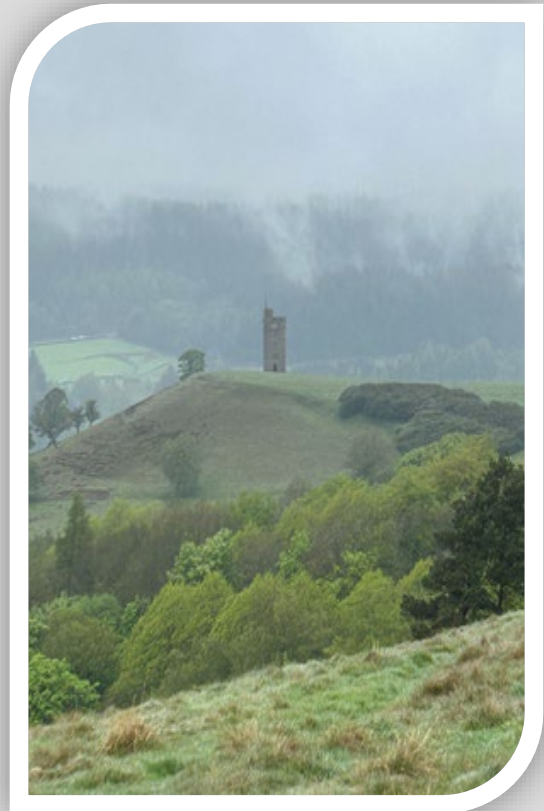
May's Walk Report (by Lesley Gill & Valerie Spezi)

High Bradfield, South Yorkshire (Sunday, 12th April 2026)

Alison's Walk: 12.5 miles / 1759 ft elevation

Starting at the Fox House Inn, an initial downhill (yes really) into the Longshaw Estate. And then we followed the Sheffield Country Walk path up to Stanage Edge across Burbage Moor & below Friar's Ridge. Spied Karl's group snacking in Robin Hood's Cave.

Unfortunately, the low cloud/mist/drizzle meant that the normally stunning views weren't there for us today. So because of the conditions extra kudos to the 150 participants, including some very young kids who were doing a 23 mile sponsored walk for a paediatric brain charity.



Dropping down the edge of Ughill Moor to the magnificent Sugworth Hall & grounds. CCTV camera signs everywhere - clearly the owners value their privacy! Crossing Sugworth Edge down to Strines Reservoir with a mysterious tower looming out of the mist. Water tower? Folly? Further inspection by Geoff threw no light on its origins.

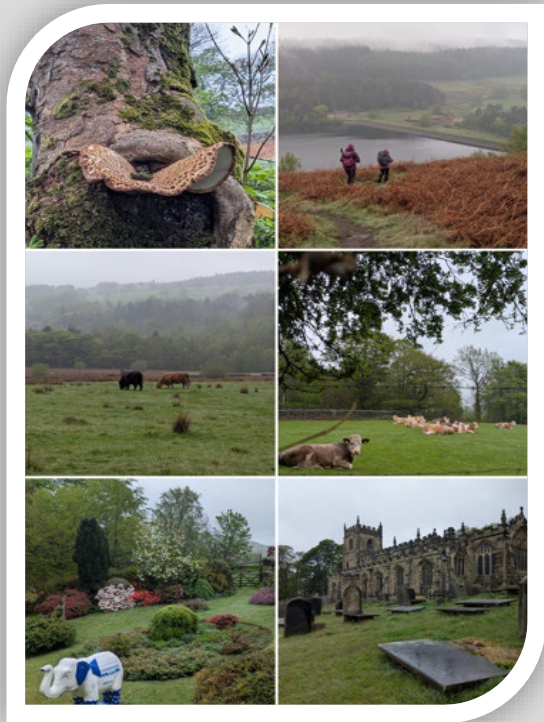
A very pretty woodland trail alongside Dale Dike Reservoir led us into Bradfield Dale. I think a few of us decided we could move into one of the Bradfield villages in a heartbeat!



[Oscar's Paediatric Brain Tumour Charity](#)



Cow Pat Artwork!



An uphill slog at the end into High Bradfield - I suppose the clue's in the name! The coach was a welcome sight, as was the pub. All in all a great day, in spite of the weather.

Thank you, Alison!



June's Monthly Walk: Hayfield – Derbyshire

Sunday 7th June 2026

Coach Departs: Oadby Central Car Park (adjacent to the Trinity Methodist Church) at **8.00am sharp**.

***Please note:** The coach will leave the pub at **5.30pm**.

Boot stop: Tibshelf Services



Pub(s): [The Pack Horse](#)

[The George Hotel](#)

[The Sportsman](#)



Map: [OS Explorer OL1: OS Map of The Peak District - Dark Peak Area](#)

Walk Leaders

(Click on each leader to see the route's OS map)

- [Kevin Millard \(Long-15 miles\)](#)
- [Karl Pochin \(12.6 miles\)](#)
- [Catherine Gwinnett \(12.1 miles\)](#)
- [Adam Wakley \(9.3 miles\)](#)
- [Tim Akers \(Short - 8 miles\)](#)

Booking Trips

When booking onto monthly & mid-month walks, please **only** use the club email rather than phone, text or word of mouth.

Coach Fare

Preferably by BACS to the bank details given at the end of this Newsletter.

- Adult Members **£18**
- Guests **£20**
- Junior/Student Members **£12**

Cancellations - Members & Guests

- Cancellations up to Tuesday midnight before the Sunday walk - no penalty.
- Cancellations thereafter - the full cost of the bus fare is due.

Prospective Walkers

If you have not put your name down on the last coach trip, please contact [**ohwcmail@gmail.com**](mailto:ohwcmail@gmail.com) to book a seat on the bus this month, prior to making a payment. You will receive a reply confirming the availability or otherwise of a seat. Please note that it is first come first served.

If you delay booking, you may not get a seat. Please do not turn up without booking & receiving confirmation that you have a place.

You must book a place on the coach in advance, or you may not be allowed to go on as it picks up at various places on the ring road members who have already booked a seat.

If you wish to be picked up from other places than Oadby Car Park, please mention where at time of booking & please be aware that very occasionally another Orbit coach may go past before ours arrives.

Walk Reminder

Essential information for all OHWC walks can be found on the OHWC Website [**here**](#). Please ensure that you carry your completed Club Safety Form in the top pocket of your rucksack - it could help you in a difficult situation. N.B. Don't forget to keep the form up to date. The form is available on the Club Website [**here**](#).

Walk Route Map

Please go onto the News section of the Club website [**here**](#) - a few days before the monthly walk, to see a map showing the walk routes. Hopefully, this will speed up selecting your walk when signing up on the coach. The club has four OS maps available for Walk Leaders to use when leading walks.

Boot/Toilet Stop

Members are urged to keep the time taken at the boot stop to a minimum. At the end of the walk members should change their footwear & place dirty boots & rucksacks in the luggage locker before getting onto the coach, thus avoiding any congestion & mud in the coach.

Please do not wear dirty boots on the coach.

Those getting off the coach at Fosse Park & the Ring Road may alternatively put your dirty kit into a plastic bag & then take it onto the coach; thus, negating having to search for your gear in the bus luggage lockers.

Essential Wear

Members & guests must be suitably equipped. As a minimum this must include:

- Suitable waterproof walking boots that have adequate ankle support
- Waterproof coat & over-trousers
- Warm clothing

- An appropriate rucksack.
- Food & drink for the whole day
- For winter walking, all members are to carry a serviceable head torch in their rucksacks.
- A First Aid Kit is recommended

N.B. Jeans & trainers/sandals are NOT suitable. If you are not properly equipped for hillwalking, you may not be able to participate. Only Registered Assistance Dogs are allowed on club walks, except on mid-month walks at the discretion of the Walk Leader.

Spring Walking Tips

Those Pesky Ticks!

Symptoms of tick bites

Tick bites aren't usually painful, but they may cause a red lump to develop where you were bitten. In some cases, tick bites may cause:

- Swelling
- Itchiness
- Blistering
- Bruising

Ticks in England can carry infections, including Lyme disease &, very rarely, tick-borne encephalitis (TBE). Ticks can be active all year round, but they are most active in the months April to July, & sometimes later in the autumn. Activity does continue over the winter months but at a significantly reduced level.



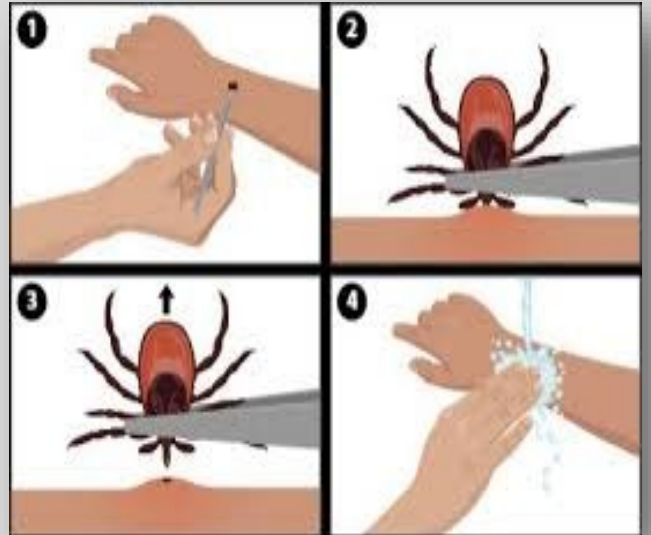
Preventing tick bites

- Keep to footpaths & avoid long grass When out walking
- Wear appropriate clothing (long-sleeved shirt & trousers tucked into your socks)
- Wear light-coloured fabrics that may help you spot a tick on your clothes
- Use insect repellent on exposed skin
- Check your skin for ticks
- Check your children's skin for ticks, especial the head & neck areas, including their scalp make sure ticks are not brought home your clothes
- Check that pets do not bring ticks into your home in their fur

How to remove ticks

If you've been bitten by a tick, it will attach to your skin. You should try to remove it as soon as possible. This helps to reduce the risk of getting a tick-borne infection, like Lyme disease. You should:

- Use a tick removal device or fine-toothed tweezers to gently grip the tick as close to the skin as possible.
- Pull steadily away from the skin without crushing the tick.
- Wash your skin with water & soap afterwards.
- Apply an antiseptic cream to the skin around the bite.



Many pharmacies and outdoor stores sell tick removal devices. These are useful if you often spend time in areas where there are ticks. If the tick's mouthparts break off in the skin and cannot be removed, this may cause irritation.

Cotswold Outdoors Discount Card for Club Members

Once again, Cotswold Outdoors has allowed all Club members to apply for a Discount Card. This discount is for the personal use of club members only & must not be shared with others.

Club members benefit from:

- 15% discount in-store & online,
- Expertise, advice & guidance,
- Sustainability services,
- Explore More membership.

OHWC discount

OHWC Club Members will receive a 15% discount on full-priced items (excludes electronics & selected lines) both in-store & online with **Cotswold Outdoor, Runners Need & Snow+Rock**. The **code** to use is [AF-RAMBLERS-W9C](#).

This discount is strictly for personal use only & must not be shared with non-club members. Cotswold Outdoors reserve the right to amend or cancel it with immediate effect if they find this code has been leaked to unauthorised persons in any way.

Explore More

Club members will need to sign up for their free Explore More benefits scheme to use the discount. This comes with its own benefits such as a 3-year warranty, a 100-day returns policy, Price Match Promise & much more! Members can sign up through any of the following brands:

- [Cotswold Outdoor](#)
- [Runners Need](#)
- [Snow+Rock](#)

Expertise, advice & guidance

The best way to tap into their outdoor expertise is for Club Members to book an in-store appointment at **Cotswold Outdoor, Runners Need or Snow+Rock**. This ensures one of our store specialists is on hand to help you get the best kit for your adventure.

Alternatively, Cotswold Outdoor has a whole host of blogs online in our Advice & Inspiration areas. These include kit guides, itinerary ideas, inspirational stories & suggestions on how to be more sustainable. You can find these below:

- [Cotswold Outdoor](#)
- [Runners Need](#)
- [Snow+Rock](#)

Sustainability Services

For us the outdoors is everything, & across our three brands, we do everything we can to look after it for generations to come.

As a company, Cotswold Outdoor are working to become more sustainable, & they want to help their customers do their bit too. The services they offer to help with this are available across all their stores:

- [Make The Right Choice](#)
- [Care & Proofing](#)
- [Recycle My Gear](#)
- [Recycle My Run](#)
- [Our planet](#)

Cotswold Outdoors Discount Card

This year, Cotswold Outdoor, Runners Need & Snow+Rock have requested that OHWC Club members provide some sort of Club Membership Card to receive their discount. To that end, the club committee have decided to produce a Membership Card for club members to use if they want to take advantage of the discount offered.



Please print off this page & cut out the Card illustrated below. This year's discount is 15%.

Meetings

Unless otherwise stated in this Newsletter or via email, monthly club meetings are held on the Wednesday following the Sunday coach walk at the **Wigston Conservative Club, 38 Long Street, Wigston, Leicester, LE18 2AH at 7.30pm.**

All OHWC club members are welcome.

Club Media & Bank Details

Website	<u>www.oadbyhillwalkingclub.com</u>
Email	<u>ohwcmal@gmail.com</u>
Safeguarding Email	<u>OHWCsafeguarding@gmail.com</u>
Facebook	<u>Oadby Hillwalking Club group</u>
Instagram	<u>Oadby Hillwalking Club</u>
WhatsApp	Send us a join request to our club email
Bank Details	Barclays Bank
Account Name	OHWC
Account Number	50124990 Please quote surname & month of walk (i.e., Smith July)
Sort code	20-49-08

OHWC Committee 2026– 2027

Chair	Martin Beckett	07748 674223
Treasurer	Martin Beckett	07748 674223
Club Secretary	Ann Branson	07726 334583
Membership Secretary	Mike Hewitt	07484 731419
Walks Coordinator	Adam Wakley	07720 328700
Communication & Social	Gala Suarez	07810 063353
Safeguarding	Tim Akers	07855 969183