

Happy 5th Birthday Tameside Ramblers

Tameside Ramblers was formed in early 2013 and we held our first official walk on Wednesday May 8th 2013.

So, it seems appropriate that the nearest Wednesday to that date should be the date when we celebrate our group's birthday. Wednesday May 9th 2018 is, therefore, Tameside Ramblers' fifth birthday and on that date there is a short walk from Daisy Nook Country Park.

This walk is part of the Greater Manchester Walking Festival so please try to come along - there may well be birthday treats – full details are in the walks programme!



Chair Talk

Another winter has (almost) passed and our new walks programme will take us through spring and into early summer. There are social events and lots of great walks to look forward to, including those during the **March Weekend Away** which will be in the Forest of Bowland, based in the village of Slaidburn. For the first time we have included the Saturday and Sunday walks in our general programme, as both are viable options for those not staying over for the weekend.

Talking of the walks programme, you might have noticed that our last walks programme had a slightly different look. At the suggestion of Alan James, our Webmaster, the Saturday walks and the Wednesday walks were each self-contained over two pages, making it easier for those members who only, or mostly, walk on one day or the other. We will endeavour to continue this practice.

Nationally, a very important announcement came from Theresa May earlier this year concerning the publication of the **government's 25 year plan for the environment**. The *Ramblers* has welcomed the positive ambition (see www.ramblers.org.uk) and as an organisation is keen to start to look at the detail of how this plan will be delivered, so everyone can enjoy the natural environment on foot.

The *Ramblers* state that they are particularly encouraged to see the ambition to increase engagement with the natural environment. Our recreational access infrastructure – including our public rights of way, access land, National Trails and other publicly accessible green space – has a critical role to play in delivering this. Of particular importance is ensuring this continues to include access land, where people can walk using their rights under the Countryside and Rights of Way Act (2000) and that it better supports local authorities work to maintain our much valued rights of way network.

Finally, don't hesitate to contact me or any of the committee, with your suggestions for walks, social events or articles for this newsletter – and we always welcome new contributors (contact me in the first instance).

Stewart Ramsden Chair

Annual General Meeting 2017

Our fifth AGM was held on Saturday 28th October 2017 at the New Stalybridge Labour Club. As usual there was a walk before the meeting which was led by Peter Summers and John Harrison.

A total of 22 members attended the meeting (plus Lenny, but as a dog he did not get a vote) which is the highest number we have had at our AGMs. Each year the number has increased slightly so, hopefully, we will get even more at the next one.

Printed copies of last year's minutes and the 2017 Annual Report were handed out and each of the elected committee members delivered their reports verbally to the meeting.

Each year, the elected members of the committee are required to step down but may stand again for another year if they wish and of course any other member can also stand for any of the posts on the committee. If more than one person stands for a particular post, then an election is held. All members present can vote and former committee members can also vote (but not for themselves) and the Chair does not have a vote other than a casting vote in the event of a tie. This year, every member of the committee, except for the Treasurer, was willing to stand for another year and each was supported unanimously by the members present. Our former Treasurer, John Bewick, had undertaken the duties of the post

ever since the group was formed and we thanked him wholeheartedly for his dedication and hard work in keeping our accounts in order.

There was only one candidate for the post of Treasurer and that was Joanne Manning and she was approved unanimously. The AGM also has to appoint the Independent Examiner for the Accounts (formally known as the Auditor). This role can be taken up by anyone who is regarded as suitably qualified to do so, whether a Ramblers member or not, but must not be a member of the committee or otherwise involved in the day-to-day running of our group. Our previous Independent Examiner, Roger Goodwin, was not a Ramblers member and he had decided not to continue. One of our members, Pamela Johnson, offered to undertake the role and she was approved unanimously. A full list of the committee members is given at the back of this newsletter.

The 2018 AGM will be held on the 20th October 2018 at the 250th (St. Mary) Scout Group Hut, Ellen Street, Droylsden, and this continues our practice of holding the AGM in a different part of Tameside each year. The formal notice for the 2018 AGM is given in this newsletter and a reminder will be issued nearer the time.

ANNUAL GENERAL MEETING 2018

The sixth AGM of Tameside Ramblers will be held at 1.30pm on Saturday 20th October 2018 at the 250th Manchester (St. Mary) Scout Group Hut, Ellen Street, Droylsden, M43 7YA

Tea and biscuits from 1.00pm (bring your own sandwiches).

The meeting will commence at 1.30pm and will end no later than 3.00pm. The main agenda items will be: Delivery of Annual Report; Election of Committee; Opportunity for questions.

There will be an optional short walk commencing at the Scout Hut at 11.00am.

Bus stops and the Droylsden Metrolink Tram stop are all nearby

Anyone wishing to stand for a particular position on the committee should inform Prue Ramsden, Group Secretary, in writing by post or email by NO LATER THAN SUNDAY 30th SEPTEMBER 2018 – see the committee members' panel at the end of the newsletter for contact details.

First Aid Training

Ten of our walk leaders attended a First Aid course in November, last year. The training was delivered by Trevor Oldfield, who is a paramedic, on behalf of First Aid Training and Event Cover, based in Stockport. Using PowerPoint and a variety of first aid equipment, Trevor gave detailed instruction on emergency first aid appropriate to our needs when out on walks. Getting the basics right, in initially assessing the situation should an accident occur, was drummed into us as being essential, then dealing with whatever we found in the most

appropriate manner. The course covered the initial assessment, assessing any danger, getting a response from the victim and calling for assistance; then followed dealing with bleeding, fractures, heart attacks, epilepsy and strokes and giving CPR (cardiopulmonary resuscitation). Some of us got wrapped in bandages, others acted as victims for someone else to practice on, and there was the opportunity for us all to have a go at CPR on a CPR manikin.

The course was delivered in a relaxed yet very informative way and we all thought it to be very relevant to situations that we hope we will not find ourselves in, but just might.

ICE – it's cool to take it with you on your walks

Ramblers have produced ***In Case of Emergency*** (ICE) cards which have been printed on a durable all-weather material. It is good practice for walkers to carry ICE information, in the event of accident or illness whilst on a walk and Ramblers members are encouraged to carry one.

On the front of the card, there are places to record personal details (name, address, etc.) and relevant medical information. On the reverse is space for two emergency contacts and details of how to contact the emergency services.

The cards should be written on using a ballpoint pen – the ink will be permanent and will not smudge.

We have obtained a supply of the ICE cards and they will be given to our members by our walk leaders. Once the details have been completed, it is suggested that the cards are kept in the top pocket of your rucksack or the front pocket, depending on the rucksack

Peak & Northern Footpath Society

I recently came across a newsletter about the activities of the above society which readers may be interested in. The PNFS has been active for over 120 years, promoting the interests of walkers of footpaths between south Staffs and north Lancashire.

Whilst out and about you may well have seen a few of the really well made 388 cast iron signposts they have erected over the years.

They also arrange both a long and a short walk each month, unfortunately on a Wednesday. This may be a good way of

learning new walks which could be introduced to our group.

I understand that they have 80+ Affiliated Societies (are we?) and they have speakers who are willing to give illustrated lectures on their PNFS activities

Annual membership costs £15 (£7.50 concessionaires) and apart from supporting the work of the society, members receive a regular newsletter. The latest edition has articles on 'Lost Ways – The Struggle for Unrecorded Rights of Way', Book reviews and (the best one for me) My Favourite Café!

For more information on P & N F S have a look on Google where there are application for membership forms etc.

Peter Raffle

Greater Manchester Walking Festival 2018

The Greater Manchester Walking Festival 2018, which will run throughout May, is organised by Transport for Greater Manchester (TfGM) and is intended to showcase and publicise all the great walking opportunities and groups that there are in Greater Manchester and to encourage people to walk more and more often. The festival has been running for 3 years with the 2017 festival attracting over 4,700 participants on a led walk in Greater Manchester.

It's a great way to promote the physical, health, mental wellbeing and social and community development benefits of walking as well as raising the profile of the participating groups and organisations including, of course, Tameside Ramblers.

This year's will be the fourth festival although it will be the third that we will have participated in. This year, we will have six walks in the festival and these comprise two easy D grade walks, three moderate C+ walks and one fairly strenuous B+ walk – so there should be something to suit every one of our members.

When they become available, we will email members with further details, obtain copies of the festival brochure for distribution to local libraries, etc. and will put links to the electronic version on our website and our Facebook page.

Last year's festival resulted in seven new members joining our group and most of those now attend our walks regularly. The festival is an ideal opportunity to invite your friends and family to try walking with us and, who knows, they may like it so much that they too will join.

WANTED

Walk Leaders !

A glance at our walks programme will show that the same few walk leaders' names keep appearing. We do need some additional walk leaders to share the role of identifying and leading our group's walks each Saturday and Wednesday. If we don't attract some more leaders, there is the danger that our future walks programmes will have to be reduced, so there won't be as many walks available. You don't need any qualifications or special training and if you have never led a group walk before, you will find that any nervousness about it soon evaporates. If ever a walk leader runs into difficulties (which path is it...??) there is always someone else in the group able to help – it happens to all of us at some time. If you would like to have a go, we can 'buddy' you up with an experienced walk leader at first, so you won't be on your own.

So, if you would like to try your hand at leading a walk, or just to get more information, please contact one of our Walks Coordinators, either Christine Harrison or Lynda Chandler, whose contact details are on the back page of this newsletter.

ON THE SOCIAL SIDE



Since the last newsletter, we hope members have enjoyed the events we have organised.

On the weekend of 21st October, we enjoyed the hospitality at Hartington Youth Hostel, which included food and accommodation. John B and Pete led the 2 walks over the weekend; unfortunately the weather wasn't very kind to us, although Storm Brian stayed away. A few of us finished the weekend off with a really good Sunday roast at the White Lion in Disley. Well worth a visit, especially as there are normally at least 6 hand pumps serving excellent beer.

Our Christmas get together at the Smithy Fold in Glossop, now an annual event, was attended by more than 20 members. Also over Christmas and into the new year, we enjoyed a post walk drink with food at the Ash Tree in Ashton and tapas at the Sportsman in Hyde, the latter attended by 32 of us. The positive feedback regarding the Sportsman suggests that we will be eating there again in the not too distant future.

Over the period covered in the next walks' programme (March to June), we have organised 2 events. The first is the weekend away, which this year is at Slaidburn Youth Hostel on the weekend of 24th March. 2 walks have been organised for the weekend, the Saturday walk over Pendle Hill and a walk from Slaidburn on the Sunday. These 2 walks will be in the current walks' programme. The Hark to Bounty pub, where 8 members have reserved accommodation, will be the venue for food and drink on the Saturday. The pub's website has a full menu to view.

The annual BBQ at Poplar Grove will take place on Saturday 23rd June. Details are on the latest walks' programme.

Looking further ahead, a weekend in Chester in early September is being planned and more information will be on the next newsletter. This will involve a couple of walks and a Chinese banquet and probably a stopover at the Travel Lodge about 2 miles from the City centre. In October, 11 members are flying out to China for a walking week followed by an organised tour to some of the famous sites in China. This is not an official Tameside Ramblers event; however, if anyone else is interested in going, particularly for the first week, please get in touch with us.

We'll continue to look at different types of events and would be delighted to hear from any of you if you can come up with suggestions, especially something completely different from what we organise currently.

Pete and Ruth Summers

Proposed Social Event - What's in Name?

We are hoping to hold a social event later in the year which will be a talk by Anthony Poulson-Smith, a published author, on place names and their origins.

This will be held in the evening at a venue in Tameside, probably a Church hall or social centre.

If you are interested in attending please contact our social secretary, Pete Summers, 0161 339 0346 or 07752 765 039 for further details.

We need to have some idea of numbers as this will determine the venue.

For Ramblers members this event will be free of charge but we will ask for a small donation from non-members.

Anthony Poulson-Smith has a website www.poultonsmith.co.uk/talks.html which is worth looking at if you want to know more about him.



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