



EAST BERKS RAMBLERS

Group **Berkshire Area**

website: www.eastberksramblers.org

Ramblers website: www.ramblers.org.uk

MEMBERS NEWSLETTER No. 136 - August 2021

Ramblers Group Walks restarted in March and we have published group walks on the Ramblers system since then. Details of all the EBR walks can be found on the Walks page of the **EBR website**. We aren't issuing a print version of this Walks programme.

We continue to record the names and contact details of all walkers as required by Ramblers for the Government's Track and Trace programme. Details are noted by the walk leader in the advance booking process and held for 21 days then deleted.

Please visit the Ramblers website for the current Coronavirus status: www.ramblers.org.uk/coronavirus.

New Members

A very warm welcome to our new Members:

Linda Peterson Kerry Neal Sybil Romain Ben & Kim Nicholas Emily Robson
Oliver & Patricia Keene Iris Morgan & Stewart Robertson Anne Halpin
Kate Rayner Marjorie Palfrey Virginia Pumares Margaret Miklos Gillian Watson
Hermione Horn Rhonda & Peter Gorton Julie & Jeffrey Maidment

You have joined a very friendly and sociable Group and we look forward to welcoming you on our walks. We hope you will enjoy your membership on walks, at our social events, and by volunteering. But even if you play a more passive role thank you for giving your support to the Ramblers, the national Association for walkers and for the protection of our rights of way heritage.

For membership enquiries contact Malcolm Stone Email: membership@eastberksramblers.org

Editorial *write Rosemary Davies and Peter Griffiths*

We were all delighted that our group walks were able to commence in April albeit with restricted numbers and, as well as the usual Wednesday, Sunday and Strollathon walks, it was good to have a few evening walks in the programme. It was nice to catch up and share stories with fellow members, many of whom hadn't seen each other for over a year.

We are very pleased to welcome so many new members to the Group. Please do come along to the AGM at 7.30pm on Friday, 19 November in the Dining Hall of Claires Court School, Ray Mill Road East, Maidenhead. We try and keep the formalities as brief as possible so that we can socialise over a glass of wine or soft drink and have a chance to meet with members old and new. More information on the AGM is given later in the newsletter.

The rolling 2-month format of walks will continue and there will be no printed version of the walks programme - see more from Pera later on. Please remember to check out the EBR website regularly as new walks are added at any time.

The Three Castles Path coach trips started on 4 August which is encouraging and gives a positive feeling that we are starting to get back to normal. The next Three Castles walk will be on Wednesday, 1 September.

The Autumn break at Abingworth is going ahead as planned and Gail is in contact with attendees. Arthur Holland is busy working on plans for the Spring 2022 break.

Enjoy the rest of the summer and happy walking.

Path Warden Activity

I lost two path wardens in the last quarter, Brenda Horner (Sunninghill) on health grounds and Caroline Fowler (Maidenhead west) who is moving away. Both ladies gave sterling service and I would like to thank them on behalf of the committee for their efforts. This resulted in the need for a reshuffle of duties and the recruitment of a new warden. I would like to thank Ian Ient for agreeing to take on Sunninghill, in addition to looking after New Windsor. Mike Bottomley has agreed to take on Maidenhead west, and I will look after his previous patch of Bray west. This frees up White Waltham, my patch, to be given to a new recruit, Ann Skidmore, who lives in the parish. I hope to welcome Ann to the fold in the very near future.

We managed to carry out the Spring Survey of the rights of way for RBWM, undertaking about 130 hours of work and travelling over 200 miles, at a time of partial lockdown. Most of the problems reported involved signage; missing fingers or posts, which I mentioned in my report to Sharon. The quality of the maps provided with the forms left a lot to be desired, the new computer system needs further work.

Planning

There is currently nothing further to report concerning the application pending for the diversion and part extinguishing of two footpaths on Mount farm in Cookham by Mr T Copas. The planning application has not appeared so far, although the initial discussion by the officials should have taken place a while ago. Watch this space, it may be the many objections submitted are causing a rethink.

Commemorative Bench for David Bounds

A working party from Loddon Valley, assisted by East Berks, installed the bench on Remenham Footpath 6. There was a small ceremony of dedication led by Kate Ashbrook, representing the Ramblers and Open Spaces Society. We hope the seat and the view will be enjoyed for years to come.

I understand there are plans to dedicate a similar bench as a memorial to Derek Johnson, who passed away recently.

Battlemead Common

Steve and I are still fighting for public access and for a designated right of way to provide a route for the Millenium Walk and the Boundary Walk. We are reaching a crunch point, trying to fight off the Wild groups who are organising a petition to deny any access to the East field. There is a meeting of the Steering group planned early in August which Steve will attend. Please read Steve's article for full details.

Battlemead Common *writes Steve Gillions, Footpath Secretary*

I attended the Battlemead Common Steering Group Zoom Meeting on August 3rd. As you probably know, a number of organisations including EBR have been making their views known in the Maidenhead Advertiser and directly to other members of the Steering Group. I have been working closely with Maidenhead Civic Society and The Cookham Society and we issued a joint statement *Making Common Sense* in advance of the meeting setting out our thoughts. A copy is below.

The Open Spaces Society also issued a Press Release supporting the opening of the Causeway Path. We sent this to all local councillors as well as to members of the Steering Group.

The Council officers put forward the following recommendations to the Steering Group Meeting.

1. There should be a new fenced and screened path along the Causeway, open to the public from April 2022 for six months of the year. (Permission has already been granted for the Rotary Boundary Walk this autumn).
This is good news although I and others argued for a year-round path.
2. Creation of additional wetland habitat in the northern part of the East Field.
3. Discontinue investigations into the Willow Wood walk.

There is also to be a 14 space car park and space for a cycle rack.

There was a lively discussion on all of the above. It's now up to the Council to make the formal decisions about what to do. Hopefully they will do this soon and bring this long-running saga to a successful conclusion.

Joint Statement issued on 31 July 2021 by *Cookham Society, East Berks Ramblers Association, Maidenhead Civic Society*

Making Common Sense

On 3 August RBWM is expected to agree a Management Plan for Battlemead Common. This will include proposed

access arrangements as well as plans for the site's future development. We the undersigned believe that public access should be allowed to all areas of the site, consistent with the need to safeguard wildlife. And we were pleased to note that the national Open Spaces Society also supported this objective in a statement issued on 31st July (appended).

Battlemead Common was purchased by the Council in 2018 at a cost of £1.2million to help deal with an under provision of public open space, which is below the national average in Maidenhead. The site comprises over 100 acres of land between the Lower Cookham Road and the River Thames. Most of the land is pasture in the East and West Fields. The Council report agreeing the purchase stated: *'The land will enable the Council to complete the Boundary Walk and one of the remaining links in the Millennium Walk and increase the Council's overall open space/playing fields and will be available for all residents to enjoy'*.

A subsequent news release noted that: *'... future generations and wildlife can continue to enjoy the area as an unspoilt outdoor space, with breath-taking views of Cliveden* and the surrounding countryside.'*

We fully support the reasons behind the Council's decision to spend public money on the purchase, knowing that it will bring benefits to all residents and visitors. Clearly, an appropriate balance has to be struck between access and wildlife considerations. Open access to the West Field is already in place and rewilding is proposed for some other areas. We also accept that, to allow flora and fauna to flourish under proper management regimes, public access to large areas of the East Field would be inappropriate. However, the recognised route of the Millennium and Boundary Walks, mentioned by the Council in its justification for purchasing the land, crosses the East Field following the 1934 Maidenhead boundary for a distance of some 300 metres by way of the Causeway Path.

We feel strongly that this strip of land in East Field – and only this strip – should be open to the public on a year round basis. As well as completing the missing links this would provide a circular route from the Lower Cookham Road via the Thames Path allowing local residents and visitors to appreciate the landscape, the views and indeed the wildlife, as promised.

* nb: It is only from East Field that the views of Cliveden can be enjoyed.

We believe this can be done without undue detriment to the wildlife in the area. The results of the wildlife and ecological surveys suggest that appropriate restrictions, to keep visitors to the path, would meet the required safeguards and would also accord with Natural England's policy of opening up its reserves where possible whilst protecting sensitive features. We want to be fair to wildlife; and humans too. And those who want to ban public access completely, in our view, are being over-zealous and misleading. The evidence indicates that the only significant effect of allowing access across East Field on a fenced path might be to startle migratory wildfowl, unfamiliar with the area, during the winter. East Field is huge with several wetland areas, so this is unlikely and, in any case, should not preclude the use of the path in the winter.

The Borough's success with Ockwells Park is evidence of what can be done for residents of a growing town. During the pandemic many more people have discovered the benefits of outdoor pursuits. By adding Battlemead in the north to Ockwells in the south, Maidenhead will have enviable public spaces on each doorstep. With the population of Maidenhead expected to increase by 45% in the next 12 years – the majority living in town centre flats – it would be wrong to deny them the full enjoyment of such a wonderful experience.

We urge the Council to allow access to the East Field in a managed way throughout the year.

EBR Walking Post Covid restrictions

writes Pera Marris, Walks Programme Co-ordinator

By the time you receive this newsletter we will have published a restricted walk programme on the EBR and Ramblers websites for August and September. As the Covid restrictions have been lifted, some leaders are choosing still to register walkers and limit numbers on their walks, while others are glad to shrug off the shackles of the extra paperwork. It is down to the leaders to choose how they want to run their walks.

Unfortunately we have not been able to provide a full walks programme as not enough of our pre-Covid leaders are offering walks. If anyone wishes to offer a walk on any of the free dates, please contact Pera Marris, extra walks can easily be added as individual entries.

If a member fancies leading a walk for the first time, then there is lots of help available and you will be assisted at every stage either by Pera (walk co-ordinator) or you can ask a leader you have walked with for advice. For a first go it is a good idea to choose a walk that you know well, it saves worrying about losing your way and it can help to do it with a friend.

I do hope that we can return to offering a full programme of longer and shorter walks on both Wednesdays and Sundays, together with fortnightly Strollathons for our slower walkers, but this can only happen if we get more walks offered and do not rely so heavily on 2 or 3 leaders to carry the load.

A poster for Ramblers Holidays titled "GALLIVANTERS WANTED" in large, bold, white letters against a blue sky background. Below the title, it says "For beautiful journeys on foot". The main image shows a group of people walking on a rocky path in a mountainous area. A woman in the foreground is smiling and looking towards the camera. Text on the left side of the poster asks: "Are you drawn to the great outdoors? Do you breathe deeper when immersed in spectacular scenery, soaking in new sights while getting to know new people? We're looking for gallivanters to join us on our guided walking holidays in the UK, Europe and beyond. Enthusiasm and a sense of humour are a must. Unforgettable experiences are a promise. Does this sound like you?". At the bottom left, it says "Visit: ramblersholidays.co.uk" and "Call: 01707 819261". At the bottom right, it says "Ramblers Walking Holidays" with a large red 'R' logo. There are also ABTA logos at the bottom left.

GALLIVANTERS WANTED

For beautiful journeys on foot

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Call: 01707 819261

Ramblers Walking Holidays

Booking a trip with Ramblers Holidays?

EBR are affiliated to the Walking Partnership. If you book a holiday with Ramblers Walking Holidays, Cruise and Walk or Adagio then please remember to nominate East Berkshire Ramblers when you do your booking to ensure we receive funds. Please note the nomination must be done before the holiday and cannot be done retrospectively.

For details please go to www.thewalkingpartnership.org.uk.

Commemorative bench for David Bounds, 1932 - 2019



In early 2020, pre-COVID, the purchase of a bench to commemorate EBR's 50th anniversary had been under discussion and it was decided that it would be fitting to make it a memorial to David Bounds pictured above. David had been the Footpath Secretary of Loddon Valley group for many years and co-authored, with Dave Ramm, the very

successful "Rambling for Pleasure" series of walking guides.

The project was given the go-ahead and a suitable location was identified on the footpath which joins Remenham Hill to Remenham Church Lane; a spot on one of David's favourite footpaths which features in some rambles in the RfP books. Negotiations were held with the estate manager to obtain permission from the landowners, Culden Faw Estate, to put up the bench on their land near Henley and this was granted.

East Berks group purchased a bench made from environmentally friendly, durable material and a special plaque was commissioned (see photo). When COVID restrictions allowed, a working team from Loddon Valley group led by Ray Sharp arranged the installation on site and the work was carried out, with the assistance of members of East Berks. A small ceremony, hosted by Kate Ashbrook (Ramblers Vice-President and General Secretary of the Open Spaces Society) took place on 30th April 2021.

EBRA Autumn Holiday 2021 at HF Abingworth Hall *writes Gail Cullen*

After some "churn" with cancellations and changes to plans, the number going to Abingworth is 22, so not enough for sole use of the house which required a minimum of 35. I do have people on a waiting list for single rooms (always popular). It is perhaps understandable, but nevertheless disappointing, that we didn't get sufficient interest with Abingworth being closer to home and a 4 night / 3 Days walking break rather than a week.

Anyway I love the South Downs area, having led **The South Downs Way** walk twice in the early 1990's for both East Berkshire and South East Berkshire Ramblers. Fond memories of adventures on our prewalks, with Bridget Smith, Helen Woodason and a few folk from work. On one occasion we stayed in a posh hotel, but not all of us were suitably dressed for Saturday evening dinner, so were banished to the corner of the dining room. Another time, we were in a Red and White 2CV struggling to get up one of the hills near the coast, with four adults and a boot full of luggage, rucksacks and walking boots. Shall we get out and push commented one of my companions, looking back at the queue of traffic building up behind us!

Here's hoping for an Indian Summer, some lovely walks and good company.

EBR Spring 2022 Break - Update

Plans for the Spring 2022 break are under way and Arthur is currently researching options and waiting to have a response to his enquiries watch this space!

Saturday Coach Walks

In the April newsletter we said that Eve Norton was waiting to see what happens with Covid before deciding whether or not to go ahead with organising Saturday coach walks. Eve has now decided it is time for someone else to take over this role and so this is your opportunity to come forward to organise the walks for 2022. If you wish to have a chat about what is involved then please don't hesitate to contact any of the committee and Eve will be very happy to offer any advice/guidance.

East Berkshire Group AGM Friday, 19th November 2021

The AGM will be held on Friday, 19th November 2021. We plan to hold the meeting in person this year at **7.30pm in the Dining Hall of Claires Court School, Ray Mill Road East, Maidenhead (Grid Ref: 898 822)**. The meeting will last for approximately one hour and will be followed by cheese and wine. In addition to reports from the Chair (Steve Gillions has volunteered to Chair the meeting and will include Footpath matters in his address) and the Treasurer, there will be election of Officers of the Group.

A special welcome to new members who have joined our group during the last two years and we hope you will join us at the AGM. The event will provide a good opportunity to meet other members in a social setting – we are a very friendly bunch !

All Committee members are willing to stand for re-election for another year. If any other member wishes to put themselves forward for election to the Committee, then such nominations should be submitted to the Group Secretary **by Friday, 5th November**, using the Nomination Form provided at the end of this newsletter. At the AGM there will be opportunities to discuss topics of interest with members of the Committee and to socialise over cheese and wine. If you have a subject for discussion, please submit it on the Nomination Form. The meeting should end by

10.15pm. Please note that a report on last year's AGM was given in the December 2020 Newsletter and the 2020 AGM Minutes are available on the Group website under the Members' Section/AGM documents.

IMPORTANT NOTE:

If, for whatever reason, we are unable to hold an "in-person" meeting, we will announce this on the website and the AGM will be held by Zoom conference, details of which will be sent to members via email only.

This is your chance to put forward your views and to question the Committee so please do try to make the effort to attend this very important event in the Group's calendar.

Three Castles Path Leg 1 – 4th August by Peter Griffiths

It felt very good to assemble at Braywick to restart our monthly coach walks. Despite the car park new daily charge of £10, some members paid up, and a larger number opted to visit the Toby Carvery after the walk where parking would be at no charge. We were pleased to see John, our regular coach driver with a new(er) coach. After the short trip to Windsor, 28 members and friends set off from the coach park to the Park Gates by the Long Walk, where the section of the **Three Castles Path** began.



Halfway along the Long Walk toward the Copper Horse we found the Deer Park closed, so had to divert to the nearby Queen Anne's Ride, which leads to another equestrian statue. We paused at the statue for our banana break and to enjoy the long view back to Windsor Castle.(just visible through the hole in the millstone). From there we rejoined the Three Castles Path and walked south to leave the Great Park by the Ascot Gate.

Then down through woodland to Cheapside and past the Golden Gates at the start of the old Straight Mile of Ascot racecourse. We crossed the new straight mile (created to give a better view of the race from the grandstand) and stopped for our picnic lunch, before crossing the racecourse to Kennel Avenue, where we admired the Wellingtonia trees.

After passing some very grand houses we came to the woods by Englemere Pond, a nature reserve. There was a short section along a busy road with no pavement over the railway and then through part of Swinley Forest to Martins Heron station, where we found John and the coach.

Thanks to Richard Falconer and John Harden for organising and guiding us safely on the first leg of the path, and for arranging the fine sunny weather. The next section will be on September 1st.

Obituary

Sheila Barnett

Sheila Barnett died suddenly on 4th June of a heart attack following a long illness. Sheila was a member of the group for many years, and helped her husband Gerald, former Group Secretary, to organise the Autumn breaks on a regular basis. She used to find and book the hotels and helped him with the evening entertainments, including making fiendish quizzes of pictures to identify. She was nearly 87 and had been married to Gerald for 63 years.

The funeral took place at Amersham Crematorium. The family asked for no flowers but voluntary contributions instead went to Sheila's favourite charity, Wycombe Scannappeal, for whom she volunteered for a few years at the Scannappeal bookshop at Wycombe Hospital.

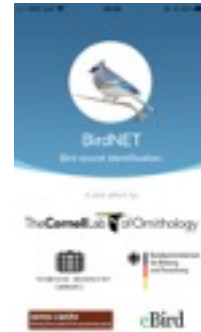
The Group extends its sympathy and condolences to Gerald and the Barnett family.

APP Corner *from Ian Ient*

BirdNet

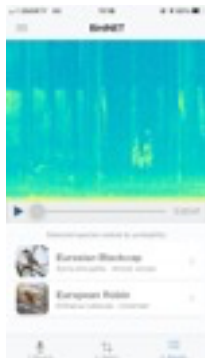
This is the first of a series of articles across the next few newsletters exploring smartphone apps that may make your walk a bit more enjoyable. This issue I will look at BirdNet.

Have you ever been on a walk, heard birdsong, and wondered “what is that bird”? I have, which is why I use a great app called BirdNet. BirdNet is available for both [Apple](#) and [Android](#) phones. Give it a try and have some fun.



BirdNet has been developed as part of a joint research project by The Cornell lab of Ornithology and the Chemnitz University of Technology. Their work is aimed at finding out if computers can learn to identify birds from sounds. The app is based on a ‘neural net’ which means it ‘learns’ as thousands of people use the app and provide feedback. So far, BirdNet can recognise about a thousand of the most common species of birds from Europe and North America. I have found it to be pretty accurate with birds that I have come across.

Basically, you record some chirping on your smart phone and it will tell you what kind of bird is making the sound. And best of all, BirdNet is free!! Of course, its effectiveness and accuracy will depend on the volume of the chirping and the level of background noise.



BirdNet is very simple to use. When you hear some interesting birdsong start the app and tap ‘record’ to start recording. The screen will show a graphical representation of the sounds captured. Next, select a section of the recording and tap ‘analyze’. The chosen section is uploaded to BirdNet and a few seconds later the results are returned. The upload requires your phone to have a signal. However, if you are in the middle of nowhere without a signal, you can save the recording to your phone for analysis later when you return to civilisation.

The app is clever enough to identify multiple birds chirping at once (as in the example).

Beware of Red Kites when eating outside *from Rosemary Davies*

The Chilterns is one of the best places in the UK to see red kites, thanks to a successful re-introduction project between 1989 and 1994. However, the success is proving a problem when eating outside. Twice in the last few months I have witnessed a red kite swoop down and steal a fellow rambler's lunch.

In May a small group of us were enjoying our lunch at the top of an open, grassy hillside near Watlington Park on one of the few sunny days we had during the month. We had seen a couple of red kites circling above us but were all shocked when one swept in over Margaret Carlyle's head before snatching John Payne's sandwich out of his hand! It happened so quickly it wasn't possible to capture it on camera but I have an image of the shock on John's face as I write this! A few months previously, I had witnessed a similar ‘theft’ whilst on a lunch break with Loddon Valley Ramblers along the Thames bank at Marlow.

Kites from Spain were released into the Chilterns between 1989 and 1994 and they started breeding in 1992. The reintroduction has been so successful it is not possible to monitor the overall size of the population but is estimated there could be over 1000 breeding pairs in the area. Kites have a wingspan of 150-170cm and can live for up to 25 years.

The National Trust, the BTO, the RSPB and the Chilterns Conservation Board all urge the public not to feed red kites. The birds cannot differentiate between food that is deliberately put out for them and visitors' picnics.

2022 New Year Lunch *from Alma Richardson*

In view of the ongoing Covid situation, we have decided not to make any plans for a New Year Lunch in early 2022. When the situation improves then we shall look at the possibility of organizing a social occasion next year.

Ash Dieback at Yoesden

from Keith Dunford

See attached photo about Ash Dieback at Yoesden. I only discovered this last Tuesday while walking my Bledlow Ridge route from the Boot PH. Due to this, BBOWT have closed the steep zigzag permissive path I previously used in the final assault on Bledlow Ridge back up to the pub. Luckily, there is an even steeper nearby public path that goes straight up the ridge so members will not be disappointed when I next lead this route!

Hedgehogs writes Gail Cullen

A number of hedgehogs visit the garden every evening, sometimes arriving before the food is out and looking despondent that a free meal is late! Most evenings it's 2, but sometimes 3 and the most we have had is 4. They wipe the plates clean, drink water and head off down the garden path as though there is a bus to catch! Returning later to see if more food is out, and surely if they keep pushing the plastic plant pot saucer covering the food, more will appear. Very entertaining.

I have found a source of reasonably priced hedgehog food, part of a new range, at Wilkinson (other suppliers are available).

Very timely as this coincided with supplies of cat food being withdrawn from sale. Hedgehog food is mixed with a little cat food and meal worms, all soaked in water beforehand. Opinions vary about using mealworms, but the hedgehogs look healthy according to Ken. Gaps in the new fence (installation date to be confirmed) will provide hedgehogs with a highway to and from other gardens. I'll let you know if any hoglets appear later in the year.

During the day the bird feeders are visited by a range of different birds.

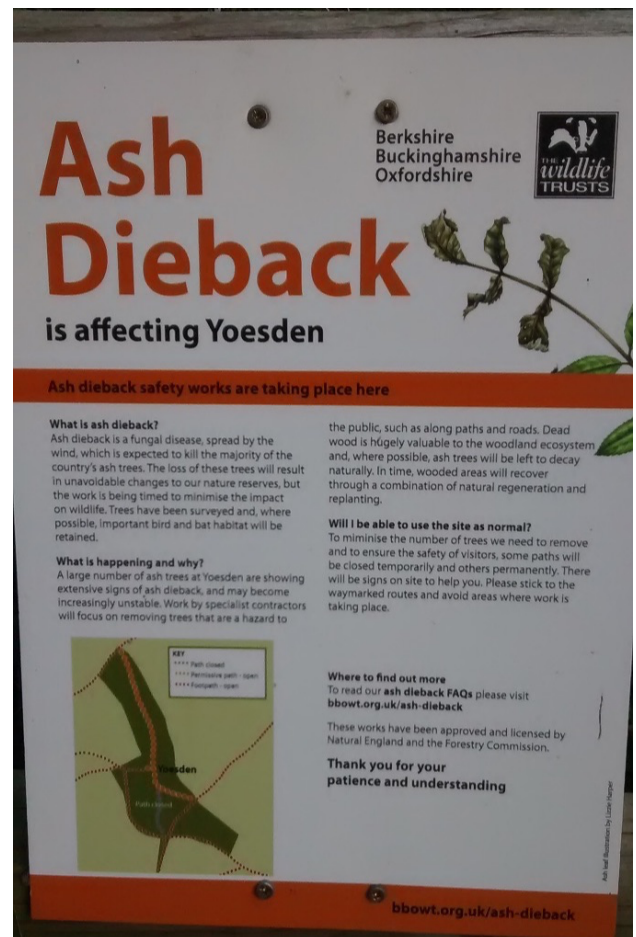
Walking holidays using train and boat from Eleanor Griffiths

In early June Peter and I did a Ramblers Holidays trip, 'Walking from the Settle to Carlisle Railway'. We spent four nights in a hotel in Settle and used the railway on each of three guided walking days to travel to and from walk start points, allowing an attractive variety of

Our most recent holiday, at the end of July, was to travel along the Caledonian Canal, from Banavie (near Fort William) to Inverness. On this occasion we stayed on board a converted Dutch barge, from which we were guided on daily walks, both alongside the canal and away from it. I had previously walked the whole length of the Great Glen with this company (Caledonian Discovery) but on our trip this year we were able to see more of the surrounding countryside, following overgrown paths to waterfalls or uphill for views up and down the glen. The waterfalls became more impressive as the week went on, as the amount of rain increased!

Fort Augustus was a busy midpoint, with tourists visiting souvenir shops and watching our boat and others go through the flight of five locks. We took two days to go the length of Loch Ness, mooring near Foyers on the South bank, from where we climbed up to see the Falls of Foyers, 90 ft high and very full. Robert Burns wrote a poem about them, which ends 'Still thro' the gap the struggling river toils, and still, below, the horrid cauldron boils'. We had good views of historic Urquhart Castle from the boat and spotted an osprey in flight as we walked later on, as well as a huge osprey nest at the top of a tree. Once we reached Inverness we walked to the very end of the canal where it enters the Moray Firth. A most enjoyable week – and not too many midges!

Some pictures taken by members on Group or other walks



terrain and scenery. We walked in Garsdale and Dentdale, alongside rivers or over moorland, twice ending our walk at Ribbleshead, with great views of its famous viaduct - and a welcome drink in the beer garden of the nearby pub.



Field flowers with Lodge Hill in background from the walk on the other side of Bledlow Ridge. It felt great to do a walk with 1300ft. ascent in 30+ deg. heat with no problem...just like in Tenerife!
by Keith Dunford



The Thames at Bray Marina
Taken on a walk starting from Dorney round the Bray Lakes
by Ron Wood

Walk Leaders - First Aid Certificates and Training/Refresher Courses

by Malcolm Stone

My St John's Ambulance (SJA) Certificate for attending the 'Essential First Aid for Outdoor Activities' course at their Woodley Centre is due to expire this October, I enquired on the SJA website, as to the availability of a Refresher Course. I was advised by them, that due to Covid, they had reduced the number of courses available and the one mentioned above is on hold, with no recommencement date known at this time.

If you go to the Ramblers Home Page on their website, and click on the Advice tab, on the next page there is a heading 'Safety' and a hyperlink to 'First Aid for Ramblers' information. Two excerpts from 'FAQs for Ramblers Volunteers' are shown below.

- It is best practice to have a nominated 'first aider' on every group walk. This can be whoever is best placed to take on the role and is not necessarily the walk leader.
- If an individual on a walk requires first aid, any member of the group can provide assistance until qualified help arrives.

In reply to my query on First Aid, Ramblers Central Office gave the following reply:

'We are currently reviewing our first aid support for volunteers and hope to be able to give you more details of our plans in the next month or so. It is likely this will include a face-to-face and online training offer with some supporting resources. This is still in the early planning stage, so I am unable to give you more information at the moment. But, do keep an eye on the volunteer newsletters for updates.'

Walking In England

We received an email from John Harris giving details of his website which includes free walks to download plus details of walking clubs in the country and various other pieces of information. <https://www.walkinginengland.co.uk>

John is keen to create awareness of his site and asked us to let EBR members know of its existence so if you are looking for a walk then check out John's website and I am sure you will find something that will suit you. John's site is organised by County, and links to the walks in Berkshire, Buckinghamshire and Oxfordshire can be found on the **walks page** of the EBR website.

Recipe Corner *Simon Collett-Jones sent in this recipe for you to try*

Prawns with courgette, garlic and chilli

Serves 2- prep/cook time 20 minutes (including rice)

Ingredients:

Cooked King Prawns - 150 g.
One courgette sliced into rounds and then quartered.
Heaped tablespoon of Ancho chilli flakes (more or less to taste)
Tablespoon of olive oil. Tablespoon of garlic oil.
Pinch of salt

Method:

Warm the two oils in a saucepan on a low/medium heat.
Add courgette and cook/stir for c. 5 minutes till vaguely transparent/soft
Mix in Ancho chilli flakes and stir.
Add prawns, stir and cook for 5 minutes till warmed through. Add salt
Serve on a bed of turmeric rice that has been cooking alongside the main

Do you need to update your collection of the Group's *Rambling for Pleasure* walks guides and Parish Maps?

The books are available from Amazon and other book suppliers. They are also available from the **Group Secretary**.

Send your details

to groupsecretary@eastberksramblers.org.

Please add £1.53 p&p per copy for guidebooks and £1 per copy for footpath maps.

Please make cheques payable to **EBR or East Berks Ramblers**.

Parish maps can now be downloaded from the [EBR website](#).

Books: *The Secrets of Countryside Access* £3; *The Three Castles Path* £7.99; *In East Berkshire* £7.99; *Along the Thames*; *Around Reading Series 2*; *Kennet Valley and Watership Down* (at £4.95 each).

Maps: *Windsor and the Great Park* (£1.50); Parish maps (see [EBR website](#) for list) (50p).



discover
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With more than 100 years' experience providing walking adventures across the globe we're the perfect choice to help you explore the world on foot.

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Editors: Rosemary Davies Tel: 01344 422707 Email: committee1@eastberksramblers.org
Peter Griffiths Mob: 07765 232178 Email: committee4@eastberksramblers.org

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The Ramblers promotes rambling, protects rights of way, campaigns for access to open countryside and defends the beauty of the countryside.

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Our mailing address is:
East Berks Ramblers
55 Courthouse Road
Maidenhead, Berkshire SL6 6JA
United Kingdom

AGM FRIDAY 19th NOVEMBER 2021
NOMINATION FORM
For the 2021/2022 Committee and other Group posts

Proposer's nameSignature
(in capitals please)

Seconder's name Signature
(in capitals please)

We, being fully paid up members of East Berkshire Ramblers, hereby nominate:-

Nominee's name (in capitals please)

Nominee's signature
.....

Who has volunteered to stand for election as: ...

I/We would like the following subject discussed at the Question and Answer session at the AGM:

.....
.....
.....

Please return this form by 5th November 2021 to:-

The Secretary, East Berks Ramblers, 6 Aldwick Drive, Maidenhead, Berkshire SL6 4JQ or by email
groupsecretary@eastberksramblers.org
Contact phone no: 07785 953751/01628 625171