



RAMBLERS

Brentwood

Newsletter

December 2023 - March 2024

Chair's Notes

Hello Everyone

"Winter Draws On" is an old saying often said in jest, but quite true in many ways. As winter starts and the weather gets colder and darker some love it and some hate it. Rain, extra clothing, mud and cold all come to mind. Wintertime Seasonal Affective Disorder "SAD" is a well-known condition relating to those who are depressively affected by the winter time reduction in daylight hours and sunshine. I have a relation who needs an artificial light box to help combat this. However, for me nothing compares with getting out there and walking with friends - but then we probably all knew that. If we do then why is it that some of us need more motivation, because overall the numbers walking have dropped since the Covid years. However, on 29 July I led from Norton Heath and to my surprise had 29 members join me. Wow, I thought, things are getting back to the old days. So let's all get motivated and start walking more often.

Now, walking near brambles, going over stiles or through mud etc can involve the occasional trips, cuts and minor injury to any one of us. Nobody is immune from risk. Being tall I particularly have to watch out for those low branches, so I always carry a First Aid kit and my trusty secateurs. In the past your Committee has provided kits to Walk Secretaries and some are routinely carried; however, nobody should rely on somebody else to carry a kit or provide first aid to them if they need it. So be prepared and at least carry a small First Aid kit yourself.

Also the Committee remind you that under 'General Data Protection Regulations' (GDPR) you need to contact the RA by phone or email to update or confirm your preferences for contact and emails if you haven't already done so.

And last but by no means least, Kevin Cline has now retired after several years as your Thursday Walks Secretary: thanks for all the work you have done, Kevin. He has passed the privilege on to Steve Jessup, who accepted with pleasure this post on Committee.

So enjoy the winter months and the company of us all as you walk.

Regards
Brian Scroggs

Forthcoming Events

Christmas Lunch December

Hanningfield Get-together Tuesday 19 December

On Tuesday 19 December we intend to resume the long-held tradition of a festive ramble just before Christmas. Until interrupted in 2020 by the Covid pandemic and then, last year, by the extreme wintery conditions, we have, for several years, been fortunate to have the facilities of the Essex Wildlife Trust Visitor Centre at Hanningfield as a warm and welcoming venue for our bring-your-own Christmas lunch, with much sharing of seasonal delights and good cheer.

The walk itself will follow the by-now well-worn route around the reserve and out into the surrounding farmland. It will be neither fast nor strenuous and the only concern will be as to whether the leader can keep up! The morning section will be of about 5 miles, with a short afternoon circuit for those wishing to walk off their lunch.

Following past custom, I would ask all participants for a donation to the Wildlife Trust, who so generously allow us free use of their car park, the Visitor Centre and, of course, access to the nature reserve. We are very lucky to have such a wonderful location available to us during the busy Christmas week and I would please ask you to be as generous as possible, with £3.50 per person as a suggested start point (ie these days the price of a cup of coffee in many places).

AGM Thursday 7 December

The AGM will be held at Shenfield Parish Hall (followed, of course, by wine and mince pies!), on Thursday 7 December at 7.30 pm. All members welcome.

Coach Ramble April 2024

About 10.5 miles. The walk will be from East Grinstead Rugby Football Club and we can look forward to plenty of scenery, lakes and woodlands.

Our lunch stop will be at an attractive village station, Kingscote, on the Bluebell Heritage Railway.

Those who only want to do the morning walk will be taken by coach after lunch from Kingscote Station to East Grinstead for a few hours.

Bournemouth May 2024

A week away.

Past Events

London Blind Walkers Walk Sunday 17 September 2023



Thirty-one participants enjoyed a walk from Brentwood station, through Hartswood to Thorndon Park and then back through Barrack Wood. They are not all in this photo which was taken as we arrived back tired and a bit wet. Eleven of the group were blind or partially sighted and needed help enjoying the countryside. Brentwood Ramblers gave them a great day, guiding them safely, chatting and explaining the surroundings. Valerie, their organiser, wrote thanking us and said that on their journey home they all agreed that the day had gone perfectly for them. Thank you to everyone who took part.

Frankie Carpenter

Eastbourne, Sussex Friday 20 to Monday 23 October (3 nights)



Thirty-six ramblers stayed at the Queens Hotel on the seafront, opposite the pier where the friendly staff looked after us very well. Storm Babette was due to hit the UK so we were poised to alter or cancel the walks and the Beachy Head Marathon meant a late change to the itinerary.

Our Friday walk was rain free and warm despite the forecast of heavy rain. Setting out from Seven Sisters Country Park we followed an undulating route through woodland and over the

downs to the picturesque villages of Litlington and Alfriston, with lunch in the sun on the village green. We

returned to Exceat alongside the fast-flowing river, with views of the White Horse, to catch the bus back to Eastbourne.

Saturday's walk was more of a challenge with a very strong wind and intermittent showers; 21 brave souls set out to walk along the coast to Bexhill. The sea was spectacular with huge waves and sea foam blowing up the beaches. We didn't get too wet and enjoyed tea and cake in Bexhill before catching the bus back.

Sunday's weather was warm and ideal for our challenging walk up and down the Seven Sisters, on to Birling Gap, past Beachy Head and back to Eastbourne. We enjoyed great views all day - a superb day out rounded off with tea on the prom in the warm sun.



Monday offered a short circular walk from Butts Brow, high up on the South Downs, to the pretty village of Jevington. Good weather again and some lovely views along the coast to Hastings and inland to the Sussex Weald.

Our thanks go to Chris for organising the weekend and to Kevin and Chris for leading the walks.

Jane Green

Saffron Trail Walk Wednesday 25 – Friday 27 October

This was the second part of the Saffron Trail, organised in conjunction with Chelmer & Blackwater group. Six of our members took part this time, with Geoff Sharman leading one of the days. The 3 parts were: Sandon to Battlesbridge, then to Eastwood and finishing at Southend Pier. There was then an option to walk down the pier or take the train for those who wanted to. The weather was good throughout and the Trail was thoroughly enjoyed by all. Thanks to C & B for initiating the walk.

Footpath Working Party - The Brentwood Bramblers

We have cleared plenty of footpaths in the last 4 months. We could have done more if only more members would help out and join our happy bunch of volunteers. For details please contact me on milescooper52@outlooks.com. Many thanks.

Miles Cooper

PLEASE NOTE! *In view of the fact that occasionally we have had to cancel walks through adverse weather conditions and move a start point of another walk for other reasons PLEASE note our advice at the beginning of the programme and phone the leader of the walk if you have any doubts about it taking place. We do try to warn you of any changes via email, on the website or by announcements on walks, but it is not always possible to ensure that all our members are informed. Apologies for any inconvenience caused.*

Change of Address

If you move home, please remember to let **Ramblers** know: 020 7339 8500
ramblers@london.ramblers.org.uk

Health and Safety

Please see link to the Ramblers website <http://www.ramblers.org.uk/go-walking/advice-for-walkers/safety-and-equipment/personal-safety.aspx>