

DORCHESTER STROLLERS

WALKS PROGRAMME FOR October, November 2018

On regular walking days, we aim to have at least 2 walks. The longer walk will take about an hour, the slower walk will last for about 45 minutes and a walk of 30 minutes will be offered on the first Tuesday of the month for those who cannot manage 45 minutes. The hour walks and special walks will sometimes include grass/muddy paths so please wear stout shoes – also don't forget a raincoat! After the walk we all get together for a cup of tea/coffee – though it's not compulsory. It is very helpful if you can arrive 5 – 10 minutes before the walk start time to enable the register to be completed.

Contact: Co-Ordinator and Walks Leader – Moira Pinder 01300 341255

Please check the starting places and times for the Monday walks

Date	Day of Week	Time	Venue and Notes
October			
1	Monday	10.30am	Tesco, by the fountains
2	Tuesday	2.15pm	North Square, by side of Corn Exchange
8	Monday	10.30am	Coffee #1, bottom of Trinity and South Streets
9	Tuesday	2.15pm	North Square, by side of Corn Exchange
15	Monday	10,30am	Meet at Tea on the Green, Mellstock Avenue – please don't park in front of shops
16	Tuesday	2.15pm 3.15pm	North Square, by side of Corn Exchange AGM in Corn Exchange after walks – see notes
21	Sunday	2.00pm	Meet at Oasis café. Weymouth. Led long walk, self-guided short walk - see notes
22	Monday	10.30am	Poundbury, meet at Brownsword Hall
23	Tuesday	2.15pm	North Square, by side of Corn Exchange
29	Monday	10.45am	Meet at Trumpet Major
30	Tuesday	2.15pm	North Square, by side of Corn Exchange
November			
5	Monday	10.30am	Tesco, by the fountains Lunch at the Hospice, must be pre-booked – see notes
6	Tuesday	2.15pm	North Square, by side of Corn Exchange
12	Monday	10.30am	Coffee#1, bottom of Trinity and South Streets
13	Tuesday	2.15pm	North Square, by side of Corn Exchange
18	Sunday	2.00pm	Broadmayne walk. Meet and park in Osmington Drove DT2 8FG – not in Village Hall Car Park. Long walk only- see notes
19	Monday	10.30am	Meet at Tea on the Green, Mellstock Avenue – please don't park in front of shops
20	Tuesday	2.15pm	North Square, by side of Corn Exchange
26	Monday	10.30am	Poundbury, meet at Brownsword Hall
27	Tuesday	2.15pm	North Square, by side of Corn Exchange

NOTES ON WALKS AND EVENTS IN PROGRAMME

AGM – This will take place after the usual Tuesday walks on October 16th in the Corn Exchange. Please come along even if you are not able to go on the walk. Amanda will present a review of the past year – refreshments will be available in the form of tea, coffee and cake. There will be the usual raffle organised by the Rotary. The Mayor will be in attendance. This is your chance to comment about any aspect of The Strollers.

Lunch at the Hospice – after the walk on Monday 5th November there will be an opportunity to have lunch at the Hospice. Places are limited to 15. The menu will be available to see at the AGM so please bring payment (about £8) if you plan to attend the lunch or contact Claire on 01305 267871.

Special walks – please note the 2 extra special walks on this programme – Sunday 21st October to Lodmoor and Sunday 18th November round Broadmayne. These walks are up to 90 minutes long.

Please vote for us - A few years ago the Strollers were granted the sum of £500 as part of the Skipton Building Society's Grassroots Giving initiative. We have been entered again and have reached the shortlisted stage. The Strollers is a constituted accredited Walking for Health Group organised and run by volunteers. The Group has to raise its own funds as the walks are free. Skipton BS received 740 applications this year from community groups, clubs and organisations across the UK. To achieve the shortlist stage the Strollers have beaten off hundreds of other applicants and in the words of Skipton BS "you were able to clearly demonstrate the positive impact you make in your local community". Skipton BS now asks the public to tell them who they would like to receive the funding. Skipton BS has profiled the Strollers and all the other shortlisted applicants on its website www.skiptonorg.co.uk to help raise awareness of the work done by the Strollers and this is where people will be able to vote. Skipton BS is also promoting the Strollers on its social media channels too so do watch out for that @twitter.com/SkiptonBS_GRG or www.facebook.com/skiptonrg/

To vote for the Strollers please click on www.skiptonrg.co.uk

Then click on to "Grassroots giving 2018"

Click on to "2018 shortlisted groups"

Click on to South West on the map

Click on to "32 – The Dorchester Strollers"

Enter your email address at the foot of the page and then click "Vote now"

THE DEADLINE FOR VOTING IS MIDNIGHT SATURDAY 13 OCTOBER. PLEASE VOTE NOW

Mugs Special mugs were given to the three Strollers founder members at the Picnic in the Park Birthday Celebrations. If you would like to order one, price £8.00, please contact Amanda, 01305 267046 or order at the AGM when a sample should be available.

Safety and Risk Assessments The most common and regular hazards are: traffic: cyclists: uneven and cracked pavements: rough paths: overhanging plants and foliage: other pedestrians: dog fouling. The leaders will point out any other hazards both at the beginning and during the walk.

Photographs are often taken on walks and appear in the local press. If you do not want your photograph taken just walk out of shot or duck down behind someone at the back. As we need your permission to have your photograph taken, if the person behind the camera doesn't ask for permission at the time, please remind them.

Bad Weather Policy cancellation of walks due to bad weather. Many of our leaders live in villages or places where roads aren't gritted in bad weather and although you may be able to get to the start of the walks, they may not. You may be disappointed but the safety of walkers and leaders is our first priority. An informal walk may take place, but you will not be covered by WfH insurance.

Weymouth and Portland Walks There are now Walking for Health walks in Weymouth in between 10 and 45 minutes long. You can find out about them by looking at www.walkingforhealth.org.uk/walkfinder/Weymouth-portland-health-walks: or by ringing 01305 838497 or walkwithyou@dorset.gov.uk

Stepping into Nature Activity Guide lists different kinds of walks, for example, Wellbeing Walks at Radipole Nature Reserve. Look on www.stepin2nature.org or ring 01305 225785

Safe and Well Dorset and Wiltshire Fire and Rescue Service offer free Safe and Well Visits. By appointment they will come to your home to offer advice and if you need them will fit free 10 year smoke alarms. Freephone 0800 083 2323.