

Ramblings

Trafford Ramblers Newsletter

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<http://www.ramblers-trafford.co.uk/>

November 2021



The
Supreme
Leader Is



Thankful for
all the
Mountain
Rescue
Volunteers

What A Year.

Despite all the necessary restrictions our members, and particularly the walk leaders have produced a range of walks from easy leisurely walks to challenging ones. From peak to plain, from Wales to Lancashire. There has been an increase in active members and the walk programme has expanded. As well as Thursday walks and Saturday strollers we have had extra pop up walks on Mondays, Thursdays and some longer Saturday walks.

And a big thank you to our retiring committee members after many many years of service, Sheila, Kas, and Judith. Who are Irreplaceable. And a big welcome to Lesley, Jan and Frances!

Richard



RTG Anniversary Calendars 2022



If you would like to buy a calendar, please contact us by email to address below.

rtgstrollers@yahoo.com

Calendars are £10.00 each, we will try to deliver if you are close, if not, postage will be extra.

All profit from the sale of calendars to be donated to Kinder Mountain Rescue Team.

If you wish to make an additional donation to the Mountain Rescue this will be kept separate from the cost of the Calendar and go direct to Kinder M R T

The calendar is a quality product

with pictures taken of our group on various walks over a number of years.

Kinder is one of the areas we probably frequent the most so feel it is appropriate that we support this amazing voluntary group. As you can see from their poster below, they are in need of a new rescue vehicle and we would be so proud to help them, even in a small way, to achieve their target.

At the end of the day, it is all of us who benefit.

Phil

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Kinder Mountain Rescue Team

We would be very grateful for any contributions to our replacement vehicle fundraising campaign. Two of our robust Defender Land Rover ambulances are approaching end-of-life (registered 2000 and 2004). Replacement vehicles meeting our requirements are very expensive.

Mobility is critical in Mountain Rescue. Effective transportation enables us to reach casualties in a timely manner to get them safely and rapidly off the hill. We also use our vehicles to support the local community in snowy conditions and flooding.

There is no public funding available to Mountain Rescue and so we rely entirely on our own fundraising activities, public support, grants, and donations.



14 Church Street, Hayfield SK22 2JE Charity no: 1115933

Not a Risk Assessment

When I lead a walk I like to be happy that I know what I am going to do. That I seem to know where I am going and know that my followers will not be too challenged or stressed.

So checking the route, looking out for tricky terrain, stiles or roads and possible ways to avoid them are the first priorities. And if possible look for short cuts or alternative routes if the weather makes it unpleasant.

Sometimes mistakes are made but with a map, compass, smart phone and the assistance of the group these can be overcome. And inevitably a trip or slip can lead to injuries to any of us.

The Ramblers request that we write a risk assessment and use their form for guidance which includes in the Hazards column, the Weather, Traffic, Path Surfaces, Animals, Communication, and Other. The Ramblers insurance want us to keep this for 3 years to possibly help refute a very rare but possible claim against the leader. So, if I attach my thoughts above to my walk description, and our group will then keep this for years in the cloud, I am probably covered for that rare eventuality.

And the Ramblers do not even require a recce, although they recommend it.

Richard

Health benefits of walking

It increases cardiovascular and pulmonary (heart and lung) fitness.

It reduces the risk of heart disease and stroke.

It improves the management conditions such as hypertension high cholesterol, joint and muscular pain or stiffness, and diabetes.

It makes the bones stronger and improves the balance.

You can also carry your own body weight

when you walk. This is known as weight-bearing exercise.

It increases muscle strength and endurance

It reduces the body fat.

It can also reduce the risk of developing conditions such as heart disease, type two diabetes, osteoporosis and also some cancers.

Walking is free and doesn't require any special equipment or training.



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Newton Park, Timperley

Newton Park is small public park in Timperley adjoining Sinderland Brook, and is worth a visit if you are looking for green space in a busy area. It is on the east side of the A56 Washway Road, at the end of Leys Road. On the Frieston Road side of the park there is a footbridge over Sinderland Brook to Walton Road, so you could also visit Walton Park, or join the Bridgewater Canal which is a short walk along the brook from the footbridge.

Until the late 1920s Timperley was a small village surrounded by farms and market gardens, cottages and a few large houses. The owner of one of these large houses, Watling Gate, was Charles Edward Newton, a civil engineer. In 1883 he had joined his father's architectural practice in Manchester, Newton and Bayley, and set up home in Timperley with his wife Fanny and their only child Dorothy. Sadly Dorothy died young, after which Charles threw himself into designing a new house which was built by Newton and Bayley on a 25-acre plot in Timperley. The house, completed in 1904, was in the arts and crafts style, and he named it Watling Gate after the Roman road Watling Street, now Washway Road.



Watling Gate in its heyday

Charles Newton sold off much of his land for development during the housing boom of the 1920s and 1930s. When he died in 1937 he left the house and the remaining grounds to Altrincham Borough Council who developed the grounds as Newton Park and the house as Watling Gate Art Gallery and Museum to house the town's collection. It opened on 23 August 1939, 11 days before the 2nd World War began.

In later years the collection was removed and the house was rented out to various organisations including a children's nursery. Eventually it fell into disuse and the park maintenance declined.

In 2003 the Friends of Newton Park came to the rescue, a team of volunteers who now look after the grounds, apart from basic maintenance which is covered by Trafford Council's contractors. There is a play area, butterfly garden and many activities take place there in normal times.

There are lots of trees and Sinderland Brook runs along the north boundary. The friends were successful in 2019 in gaining Centenary Field Status for the park which protects it from development and honours local people who died in the 1st World War. This is particularly appropriate as Charles Newton was the founder of the East Lancashire Royal Engineers (Territorials), the first territorials to leave Britain for foreign service during the 1st World War.

The house is Grade II listed but is in a dilapidated state. A restoration group has recently been awarded Heritage Lottery Funding to fund a full survey and assessment as to what can be done with the house. Meanwhile the park is well cared for and well used by local residents. Enjoy a walk there if you are in the area.



Sinderland Brook at Newton Park

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What Happened When I Led My First Walk?

After I had been a member of the group for a while, several people (mainly Richard) kept suggesting that I could lead a walk. As I have previously mentioned, directions are not my strong point although I am never short of bravado (that's a polite name for it).

When I first lead a walk, I had offers from Terry, David, Nigel and Angela who said they would accompany me on my test run. Please don't be afraid to ask for assistance, plenty of members will gladly help you. Testing the route with other people also increases your confidence because the people who have accompanied you will also know the route and be on hand if you need help.

Initially I decided on a walk I had done with Oldham or Rochdale Ramblers. I was so confident that I decided to do my test walk on my own. Needless to say I got hopelessly lost. Behind where I had parked were some wind turbines so I was confident I could always find my way back. Having had a wander round I came across two bodies of water which to this day I have never located on the OS map I have. Some magic force was in play and it has become one of life's little mysteries.

For my second attempt, I recruited Terry, Nigel and David. Having parked up and donned our boots, I set off for the gate leading to the track only to be called back by Nigel who informed me the gate we needed was at the opposite end of the car park.(so that's where I went wrong!!!!!!). Once we were on the right course everything went to plan until later in the walk when we followed what we thought was our footpath sign. Wading through 4foot high brambles, nettles and scrub on an over grown footpath was no fun. The path eventually emerged into open terrain to meet the path we should have come down, which turned out to be about 100 yards along from the path we had used. We walked back up the track to find the signpost and path we should have used so that next time we knew where we should turn.

Eventually we arrived back at the car happy in the knowledge that I could lead the walk when the time came and my backup team were on hand to help.

Although I have submitted and led a few walks now, I always recruit my Amigos to accompany me (and take dual responsibility) when testing out a new walk.

Finding and testing a route are not always straight forward and you may hear leaders mention going off track, missing a path, detouring due to a closed footpath. This is all part of the fun.

So come on give it a try, its rewarding and enhances your rambling experience.



Neil Hughes

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Christmas presents Solved ?



Colour 'sapphire'

Trafford Group walking gear.

Trafford Group Polo Shirts, good quality technical shirts, TRI DRI, keep cool, dry fast, protection factor UPF40+. Available £15.00. each. Excellent value when priced against branded equivalent walking shirts that can be more than double this price.

Fleece jackets are also available with RTG Logo.

Contact me by phone, WhatsApp or email rtgstrollers@yahoo.com ASAP to try and get delivery for Christmas.

Regards Phill



Fire Red



Blue Melange



French Navy