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Hello

After our summer break we are back with lots of photos of you enjoying yourselves, reports from our trips to Llandudno and London, a treat for our Walk Leaders, and some advice for Apple iPhone users.

First, a few bits and bobs

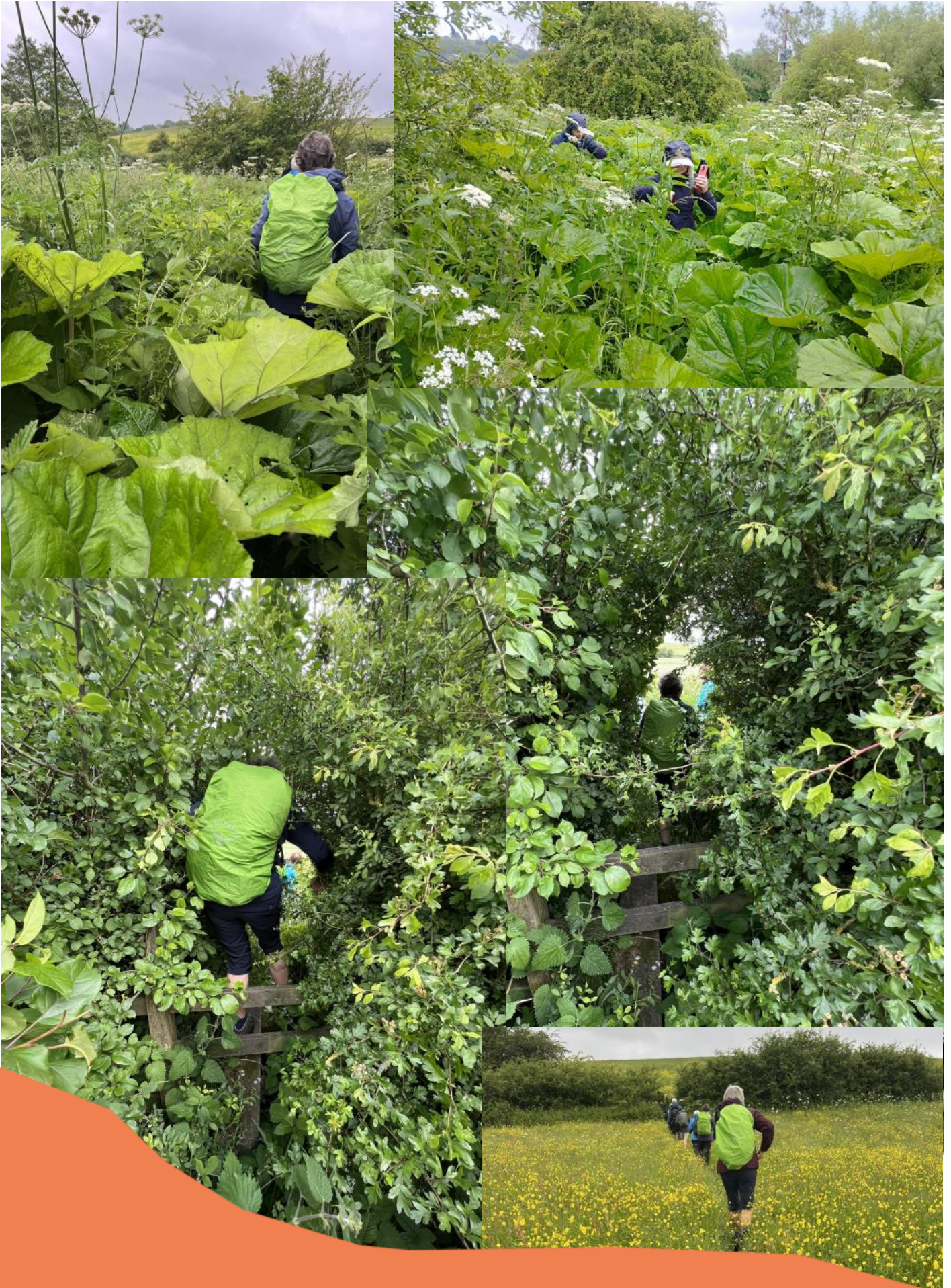
- ⇒ The **Tuesday Wellbeing Walks** are still going strong after 10 years and 100s of walkers but they rely on volunteers as assistants giving their morning once every few weeks to suit their diary. **Are you able to help?** Your time will be much appreciated by the walkers. If you are interested or have any questions, please contact Jeremy Pratt on 0115 9810420.
- ⇒ Last summer Relay printed some advice about walking through cows in fields and a recent article in The Guardian covered the risks again so you may like a reminder of how best to approach it: https://www.theguardian.com/world/2024/sep/12/the-hell-and-horror-of-cow-attacks-i-told-my-husband-to-leave-me-to-die?CMP=Share_iOSApp_Other
- ⇒ Don't forget that our Christmas lunch is booked for Sunday 8th December at Ashmore's in Radcliffe on Trent. More details to follow soon.
- ⇒ Trevor, Pam and Martin attended a Social Prescribers event designed to increase wellbeing and combat social isolation at Gamston Community Hall in September to help publicise our Tuesday Wellbeing Walks and our longer walks. There was a lot of interest in both and many information leaflets were distributed.



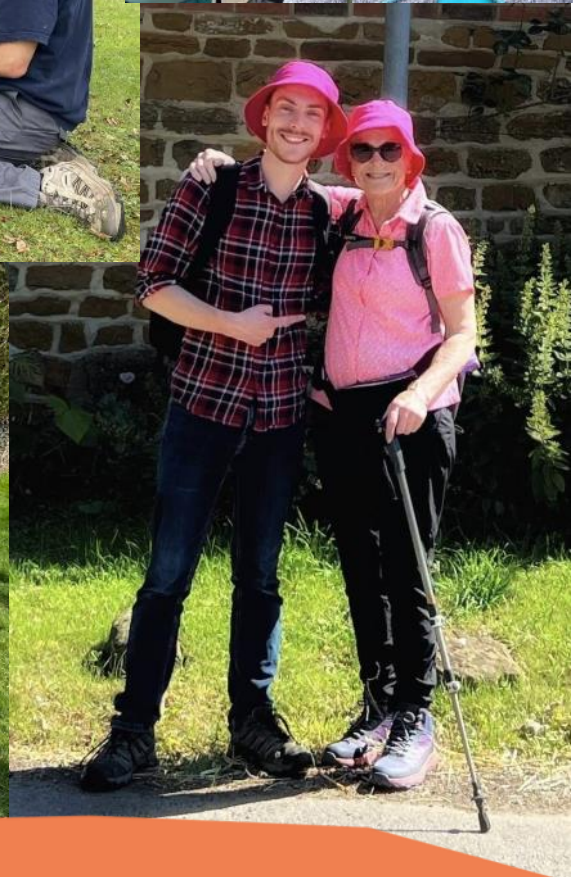
Out and about....



Out and about....in the undergrowth



Out and about....with friends



Our Autumn Walking weekend this year took us to Llandudno

Here is Louise to tell us more.

Thirty Rushcliffe Ramblers travelled to Llandudno to enjoy the weekend of 20 - 22 September walking and socialising together. Everyone arranged their own accommodation, some deciding to extend their stay before or after the weekend in and around the area.



Many thanks to the members who volunteered and led some great walks.

Philippa and Martin led 25 members on the Friday 'warm up walk' and also led 15 members on a 7.5 mile walk up the Great Orme on Saturday, including giving some geology lessons along the way.

Joe led a similar Great Orme walk on the Saturday but added 3.5 more miles onto the length, because he could!



We saw wild mountain goats, wild horses, and firefighters dousing the heather on our travels...



Llandudno weekend cont

On Saturday Alan ventured into deepest Snowdonia with 3 members to see if they could lose themselves doing a 9 mile walk, and nearly succeeded.



On Sunday, thanks to Karen and Chris for leading an 8 mile and 4 mile walk, from Conwy Castle - and finishing the walks before the rain came!



Llandudno weekend cont

Apart from the walking we also checked out the local eateries...firstly at the Mediterranean restaurant on Friday followed by the excellent Dylans restaurant on Saturday.

Feedback (and empty plates) suggested that they both fed and looked after us well, and I am sure everyone enjoyed the local tea shops and bars in between walking and dinner!



The weather was 'OK' until Saturday 6.30 pm when we got a drenching walking to Dylans, but temperatures were typical for early Autumn, so lucky overall.

Chris Slater has kindly volunteered to arrange next year's Autumn jaunt away, to somewhere in Norfolk. He will give more details of dates and location in the New Year.

I shall now sign off my stint in the role of Social Sec and Autumn holiday organiser, but look forward to continuing to enjoy walking with Rushcliffe Ramblers going forward.

Louise



Upcoming Holidays

Dovedale 11th - 15th November 2004

We have a booking with HF Holidays for their country house near Dovedale. This is a guided walking holiday using HF walk leaders so it will be different to the last time we were in Dovedale when we walked from the doorstep, known as gentle walking.

The cost is £279.50 for 4 nights accommodation in a classic room, breakfast, evening meals, packed lunches on the walking days and the services of HF walk leaders are included.

Supplements apply for better rooms (larger or with a view). There is one single room and several twin/double rooms still available.

Contact holidays@rushclifferamblers.org to book or for further information.

Next Year 2025

In **spring**, 21st - 24th March 2025, we will be travelling to Sedbergh on the Yorkshire /Cumbrian border. Again, we'll be using HF walk leaders. The walking will be in the Howgills and among the options will be the walk up Cautley Spout and the Calf, the highest top of the Howgill Fells at 676m. Lower level, less energetic options will also be available.

The cost for the extended weekend is likely to come out at £330. There is one double/twin room still available to book for 2 people. Those requiring a single room can join the waiting list as all single rooms have been taken.

For further information or to book contact holidays@rushclifferamblers.org.

In **autumn** we will be travelling to Norfolk.

The date and destination will be confirmed in the New Year.

Spring 2026

We'll be in **Whitby**, Yorkshire, staying in the HF House, Larpool Hall, Whitby.

Confirmation of the date and the booking process will be confirmed in spring 2025.

Many thanks to Chris Slater for volunteering to take on the organisation of the next couple of holidays.

Our latest Social Event was a trip to London.

Here's Hazel to tell us about it.

Thirteen Rushcliffe Ramblers and one guest took part in this year's London tour on 4th September 2024 (the sixth London tour to date).

There were three very different elements to the day which was very kind to us weather wise. First off 'we went to the woods' - the Parkland Walk from Finsbury Park to Alexandra Palace, a 4km wooded walk along a disused railway line, bisected by a short stretch through Highgate and Highgate Wood.



Next stop, Alexandra Palace aka Ally Pally opened in 1873 was named after Princess Alexandra who became the wife of King Edward VII and is most famous as the location of the first BBC TV broadcast, the transmitter standing tall and proud on the Victorian building.

Nowadays it houses an exhibition hall, a theatre, an ice rink and a park with a boating lake and hosts large outdoor concerts, it even has its own railway station which we used to return to central London.

The views over London are spectacular and we didn't quite agree whether we spotted St Paul's as it was a tad hazy but Canary Wharf and the City were recognisable!

The final part of the day was a contrast as we explored the Kings Cross regeneration area bordering the Regent's Canal, a mix of refurbished buildings, re-purposed gasworks, gardens, new build blocks, retail and eateries, showcasing London as a wonderful city.

Fair to say the group had a really good day out!



Walk Leaders Skittles Evening.

Morag arranged a skittles evening to say a big “Thank you” to all of our Walk Leaders. It was held at the Embankment pub and some excellent skill was demonstrated....



After a hard fought contest, the “Gone to the Dogs” team convincingly beat the “Alley Cats” .

Congratulations to Joe for scoring the highest individual score, and commiserations to Rita for winning the wooden spoon!



***If you are interested
in becoming a Walk
Leader, please
contact Morag.***



Apple iPhone Legacy Contact

Liz Lister thought you may be interested in this item if you have an iPhone...

In a recent 'You and Yours' phone in programme on BBC Radio 4, a man called to say that his wife had died unexpectedly and he could not get access to information held on her phone. He did not have her 4-number security code and because of that could not retrieve photos, friends' contacts or find her favourite music. Going to court was the only advice offered by experts on the programme.

Apple enable you to nominate a Legacy Contact within your phone's "settings" in advance, to be used when you pass away. To do this,

1. select "settings",
2. tap your name at the top of the page,
3. select Sign-in & Security
4. Choose Legacy Contact
5. You can set up more than one family member or friend and they don't need to have an Apple device
6. You will receive an Access code which you should give to your contact
7. Your Legacy contact will need to provide that code and a death certificate to access the account

You can listen to the item on BBC Radio 4 'You and Yours', entitled 'iPhones photo battle, supermarket pricing and renting with pets', available here:

[BBC Radio 4 - You and Yours, iPhone photos battle, supermarket pricing and renting with pets](#)

It starts 37 minutes into the programme and lasts 15 minutes.

Liz

News from your Committee

- ⇒ Our Annual General Meeting will be held on Sunday 17 November 2024 starting at 1.30 pm at Cropwell & Tythby Village Hall, preceded by a short walk led by Karen starting at 10.30.
- Full details of the venue, agenda and reports will be available on the website nearer the date of the AGM.
 - Tea and cakes will be available prior to the meeting. If you would like to make a cake please contact Julie (Secretary@rushclifferamblers.org)
- ⇒ We have vacancies on the Committee for a **Footpaths Secretary** (the job description has already been circulated) and a **Minutes Secretary**.
- If you are interested in taking either of these posts, please contact Mike (chair@rushclifferamblers.org).
 - We are also keen to hear from anyone who would like to join the Committee.
- ⇒ Central Office have reminded groups that any images, including photographs, videos and graphics, used in our publicity must have permission and comply with copyright laws. We do take this into consideration when we select images for our website, newsletter, Facebook and Flickr site, and ensure that we have the photographer's permission to publish. There are a couple of other implications for us:
- Now that Walk Leaders have started to add photographs to Walk Manager to illustrate their walk, ideally these need to be taken by the Walk Leaders themselves. Do not use images from Google or anywhere else on the internet without permission.
 - A reminder that anyone taking photographs of our fellow ramblers needs to ensure that they have asked their permission first.
- Failure to comply with the statement from Central Office to obtain permission for the use of images from Google or anywhere else could result in a substantial financial penalty charged to the Group.*



See Rushcliffe Ramblers on Facebook

Like or respond to our posts

<http://www.facebook.com/RushcliffeRamblers>

Check our website for up-to-date news including details of upcoming walks:

www.rushclifferamblers.org