

# West Lancashire Footpath Group



**Newsletter 155    March 2020**

## Chairman's Comments

Welcome to our spring programme of walks. Let's hope that the March winds dry up the puddles and lakes which have caused leaders difficulties in planning suitable rambles. In spite of the weather we have not had to cancel any of the published walks. Thanks to all the leaders, especially Gwen and Barbara who led the Ainsdale walk without prior notice and provided an excellent walk, although they didn't manage to control the rain!

**Please note these important changes to the walks programme, which have been agreed in consultation with Geoff Wright of the Ramblers.**

It has been decided to follow the lead of the Ramblers and start all afternoon walks at 1pm, which is now the norm across the various Ramblers groups in the region. It is difficult in the winter months to complete a substantial walk before dusk, and changing the start time in the middle of the year can cause confusion. All walks should be completed by 3.45pm.

Since the Wednesday evening Canal & Countryside walks are overall very successful and attract many non-members it has been decided to move all mid-week afternoon walks from Tuesday to Wednesday. The last Tuesday walk is 24<sup>th</sup> March. Apologies to members who cannot walk on Wednesdays. Leaders of the C&C walks are reminded that they should be at a gentler pace and between 3½ and 4 miles.

We will be offering members a membership card to be carried on walks. Use will be entirely voluntary, but it is suggested that at least a name and emergency contact number is written on it. Some members might think it helpful to add important medical information. This is a common health and safety provision to cover accidents and other problems: let us hope that our walks continue to be free of such crises.

Peter.

Cont. on page 2

Website:- [www.westlancsfootpathgroup.org.uk](http://www.westlancsfootpathgroup.org.uk)  
e-mail :- [westlancashirefootpathgroup@gmail.com](mailto:westlancashirefootpathgroup@gmail.com)

## Footpath News

After pressure from this group and others, LCC have done work on the path from Moor Hall to Graveyard Lane so it is now walkable again after a long time of overgrowth. (This follows the Public Rights of Way Aughton FP9, Aughton FP12 and Bickerstaffe FP10). We will be celebrating this as part of the April walk from Aughton Village Hall. As always, if members carry secateurs and do a little gardening on their walks, we might be able to stop it reverting to a jungle as quickly as it has over the last few years.

## Membership Matters

We now have 82 paid up members for the current year to 30<sup>th</sup> September 2020. As always, I recommend those who still have not renewed to do so as soon as convenient. At the risk of being somewhat repetitive, can I urge those of you who receive Newsletters as hard copies to consider joining our email list if you have access to the internet. I set out the advantages, timeliness and cost savings of this on the back of our last Newsletter.

The photographs we have on the current version of the WFLG website have become rather long in the tooth and are in need of refreshing. If you have any which you might like to see on our site, please give them to any member of the Committee or email them to us at our email address at the bottom of the front page.

John.

## Committee Contact Numbers

Peter Fletcher	Chairman and Footpath Inspector	01704 542661
<b>Post currently vacant</b>	Secretary	
Ann Robinson	Rambles Secretary	01695 571303
John Partington	Membership & Gift Aid Secretary	01695 421408
Karen Jennings	Treasurer	01695 570349
Doreen Bird	Footpath Inspector	0151 526 5625
Roger Eastham	Footpath Inspector	01695 576227
Christine Hill	Footpath Inspector	01772 816486
Tommy Wadkin	Footpath Inspector & Maintenance	01695 735785

## **WEST LANCASHIRE FOOTPATH GROUP**

### Some thoughts on **FIRST AID.**

Several of our members recently attended a first aid course organised by The Ramblers. As a Group, we do not insist on a nominated “first aider” on our walks, but it is useful to carry a first aid kit, which our leaders usually do.

The advice is:- “If an individual on a walk requires first aid any member of the group can provide assistance until qualified help arrives”. It is better to do something, rather than nothing and insurance cover will not be compromised.

A basic first aid kit could contain:-

low adherence dressing; gauze swabs;  
wound dressings; blister plasters; Micropore tape;  
safety pins; triangular and woven bandage;  
antiseptic wipes; scissors; tic remover;  
disposable gloves and CPR face mask;  
and a survival blanket.

A useful app for your phone is “what3words”, which gives emergency services an exact location.