

# REDSPEARLANDS FOOTPATH GROUP

Newsletter #11 - December 2005

## Lost Ways

We are pleased to report that the task of surveying all the footpaths, bridleways and byways of the Parish of Dalston is now complete. Our grateful thanks therefore to the following volunteers (in alphabetical order) who gave time and perspiration to this important undertaking, which will also be making a valuable contribution to the County's Rights of Way Improvement Plan: *Liz Craig, Pat Jackson, Alan Jackson, Elizabeth Luck, Judith Mandale, Colin Rowcroft, David Wheeler, Geraldine Wheeler*

## Funding

Alan Jackson (Treasurer) reports having received a Dalston Parish Council cheque for a grant of £100 awarded to us from the Parish Council's Community Fund. This will be put towards the Group's annual running costs. Our application to Awards for All (a National Lottery fund) for a grant towards improving Dalston's ROW network has been sent to the Award's North-West Regional Office for consideration. A decision can be expected early next year, so long as - and here's the rub - the form has been completed correctly and all back-up information properly enclosed. Should there be a delay due to an incorrectly completed application, don't expect to read about it in these columns!

## Walking - the Way to Health

WWH is a joint initiative between the Countryside Agency and the British Heart Foundation and has been extremely successful in persuading 'non-active' people to take up the exercise habit, also helping with the rehabilitation of cardiac and stroke victims. From early next year in a move to increase the programme's reach, all Primary Care Trusts in England are being asked to involve their health professionals (GPs, practice nurses, health visitors, etc.) in training as Health Walk Leaders. Well, RFG are ahead of the game; Judith Mandale, our present Chairman and a (the?) Practice Nurse with the Caldbeck surgery, trained as a Health Walk Leader earlier this year and (we believe) has begun to get the surgery's patients out of their cars and using their legs. We are still trying, together with Age Concern and the Dalston GP practice, to get WWH set up in Dalston village. More news on this when it happens. Meanwhile we can all spread the word on some of the benefits of walking regularly, for example-

- \* Feeling happier due to the release of endorphins - the body's feel-good chemicals
- \* Having more energy
- \* Being more flexible
- \* Possibly living longer
- \* Be less at risk of getting Alzheimer's disease

## Chairmanship

In spite of the minimal time and intellectual demands of the job, no one we have yet put the bite on has succumbed to our invitation to replace Judith as Chairman when she retires in March.

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### Chairmanship *(continued)*

Having run out of possible members, candidates from our own ranks, the vacancy is now being advertised through the Volunteer Centre Carlisle. Meanwhile, if there is, or you know of, someone who can cope with the strain of giving up an evening's telly once every three months, please get in touch with me or one of the other committee members.

### Winter Meetings

Following last month's item, a member has suggested that a visit to the Cumbria Record Office (CRO) could be of interest to those of us fascinated by maps, local history and the origins of the paths and surroundings we enjoy exploring on foot. Following an approach to the CRO, David Bowcock, the Assistant County Archivist, replied in the affirmative saying that they would be happy for us to pay them a visit one Friday evening in 2006. There will be an archivist on hand to explain the ins and outs of the maps and the area's history. Will RFG/IFG members who like the sound of this proposal and are in favour of a visit in either Feb, March or April 2006, please Email\* - [alan\\_lyne@hotmail.com](mailto:alan_lyne@hotmail.com) - your 1st and 2nd date choices, your preferred arrival time at the venue (Carlisle Castle) and the number of people intending to go (see example). \*Non-Emailers can phone me or deliver a note to Roewath Lodge. As car sharing makes sense this will be arranged once we know that the visit is 'on'. RFG will reimburse drivers at the rate of 35p per mile.

Example-

<b>Date</b>	<b>Time</b>	<b>Number</b>	<b>Member's name</b>	<b>(Supper get-together? - see next para)</b>
17/02	19:00	2	Lyne + guest	Yes
10/03	19:00	1	Lyne	

We have also received a suggestion for a supper get-together to discuss next year's walks programme and maintenance schedule. As indicated above, if you approve of this suggestion please add a Yes to your response. Given sufficient yesses, we will explore the possibility of arranging an evening gathering at one of the local hostelrys. IFG members are included in this invitation as we may wish to support each others' maintenance works in the same way as the walks.

### Season's Greetings

Finally, on behalf of the three of us at the sharp end of this mighty organisation, here's wishing you all peace and contentment now and in the coming year, and, of course, a very enjoyable walk before (or after) your Christmas blow-out!

Alan Lyne  
*Newsletter Editor*

### Management Committee

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