

# THE Traditional ing Club NEWSLETTER

**JUNE / JULY ISSUE 2021**

Welcome everyone to the 7th TTC News Letter, we did say that our last newsletter was to be the last but after the Minehead trip we decided to do another final one. Also this is a way of keeping in touch with you all bearing in mind we haven't been able to have a club meeting.

I have just been reading the previous newsletters, they are all really good and have got so much better since the first one in August last year. The August edition had only 3 pages the March/April 2021 edition has a whopping 14 pages. This is of course thanks to all who have contributed with their fantastic stories and to the talented Sue Alder for producing these professional newsletters, a big thank you to you all. This club is not only about walking and cycling by reading these newsletters I realise that we have some really talented members amongst us.

There will be a committee meeting on Monday 2nd August when we will discuss subscriptions, AGM and any other business, as soon as any decisions are made we will send an email out to all members. In the meantime a trip sheet has been sent out by Pat with some walks and cycles. We desperately need volunteers to come forward to lead walks or cycles, it really is not difficult and you will more than likely enjoy it. If you need help let me or any committee members know.

I have organised two trips away, one last year and one this year. Last year in March we managed a Warner's trip to Cricket St Thomas just before the pandemic started. It was a lovely break but it was cold and it rained, nevertheless it didn't stop us we were out walking and visiting the local area in the minibus.

This year it was Minehead Butlins on May 17th on the day Boris lifted the restrictions, how lucky was this. We were all full of excitement and so happy to be with friends again. We arrived on a lovely sunny day and sat on our little patio in the heat with a glass of wine chatting looking forward to the week ahead. It was short lived as just like the last trip it was cold, windy at times and it rained there was no further opportunity to sit on our patios for the rest of the holiday.

Again it didn't stop us we were out walking every day to Dunster, Porlock, Watchet, and the Coastal Path with our hats, gloves and waterproofs.

Lately I have been jinxed with the weather, the outings and trips I have organised seem

to be wet and cold even our visit to Marks Hall Estate on Wednesday was cut short as the heavens opened. Even though it wasn't a hot summers day we all enjoyed our visit, it is certainly a place we will visit again, hopefully in the spring when the



bluebells, snowdrops and spring flowers are out. Fourteen of us walked the estate for Three hours and still didn't see it all. We walked around the lake with the amazing stock of coarse fish,



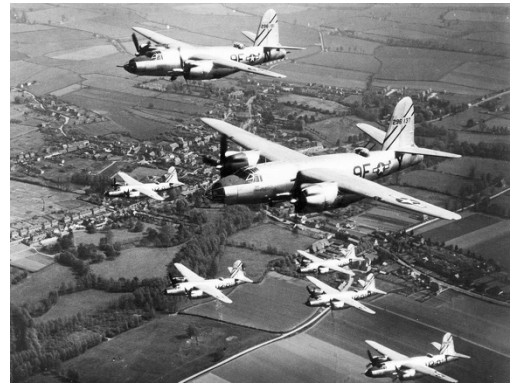
these large fish came up to us at the edge of the lake obviously wanting food. Local legend suggests that the lakes were dug by Cromwells Troops at the time of the siege of Colchester in 1648.

A walk round the walled garden with all the lovely plants was enchanting. Built in the 18th Century and redesigned in 2003 it has five contemporary terraced gardens and the lake is on one side.

We went on to the memorial site dedicated to the memory of all the service men who flew from the Earls Colne air base in World War 11.

From here we walked back to the picnic benches at the entrance to eat and have a drink. Timing was perfect as it started to rain just as we were finishing and we managed to get nearby shelter.

Thank you to all who joined me on this pleasant day out, a bargain £5.85 entrance with a hot drink and a piece of cake.



The below has been taken from Marks Hall website.

Marks Hall is listed as 'Mercheshala' in the Domesday book in 1086, Markshall Estate as we know it today was once part of a bigger manor.

For most of its 1,000 years, Markshall Estate was much like any other landed estate in the UK. Owned by a single family and operated principally for the benefit of the owner, its economy centred on maintaining the estate and providing a pleasant home and focus for entertainment. The Estate offered employment for the villagers surrounding it, farms and accommodation for its tenantry, and gave a position locally to the owner, but to all intents existed as an independent domain.

When Thomas Phillips Price, its last private owner, took possession in the late nineteenth century, that sense of financial comfort and isolation was under threat for many landowners. Wider forces including a depression in global agriculture, the professionalisation of government and changing attitudes to tax made country landed estates less appealing and certainly less profitable.

Thomas Phillips Price, a wealthy MP who had inherited mining interests in Wales, was in touch with changing attitudes to land, and the increasing tension between environmental health and industrialisation. In early correspondence to the then director of the Royal Botanic Gardens, Kew, Thomas Phillips Price had proposed that Marks Hall Estate (as it was then known) might make a suitable satellite location for those parts of Kew's collection threatened by increasing pollution in the city.

Ultimately, Wakehurst was chosen and is now home to the millennium seed collection, but the relationship with Kew was established. In his will of 1927, Phillips Price decreed that if he should die without an heir, Markshall Estate would be held in Trust for the nation, and the director of Kew should be Chair of the Trustees. He further expressed his desire that the purpose of the Trust was to use the Estate **for the advancement of agriculture, arboriculture, and forestry.**

In the early 1940s, The Air Ministry requisitioned the Mansion House and land to the north of the Estate for the construction of Earls Colne Airfield. The old deer park at Markshall Estate (now the Arboretum) was also requisitioned to serve as a base for fighter and bomber forces, hosting RAF Squadrons and US Air Force Divisions.

Numerous military buildings and installations were constructed and Markshall Estate was peppered with prefabricated units providing shelter for some 3,000 personnel. A network of concrete roads, some of which are still visible today, connected Nissen huts, air raid shelters, a hospital, workshops and the mansion, which was adapted to serve as an Area Headquarters.

While the estate struggled on through two World Wars, it had lost its momentum, its purpose, and finally its Mansion House and chapel. The house, stripped of its contents, was demolished in 1949.



## But the landscape remained.

After the second world war, Mary Phillips Price made a deal with the Forestry Commission, agreeing with them a 1,000 year long lease of large areas of the estate for the growth of commercial timber.

Many of Thomas Phillips Price's beloved ancient oak trees, which he had specified in his will should remain, were felled to clear the way for forest land. Sadly, the felling of ancient trees was commonplace on estates across the UK by this time, as land lost its value and families sold up, not wanting to be saddled with the maintenance of real estate, dwindling in value.

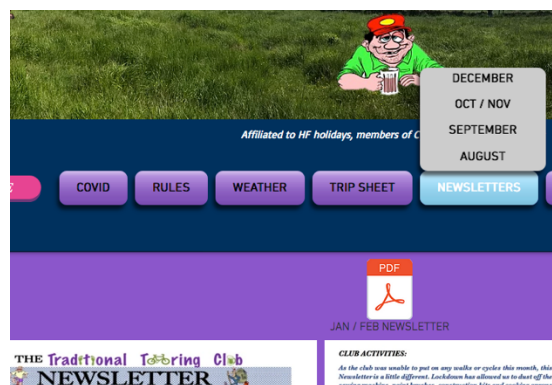
The Charity has since renegotiated the contract with the Forestry Commission and the last felling of commercial woodland will take place in the next four years.

See you all soon.

**Sally Meredith (President)** Photos taken by Julie

## CLUB ACTIVITIES:

*The club was able to put on a few walks and cycles this month, many thanks to the leaders, particularly Sally who is always in the leaders forefront. We are now in a position to plan more walks and cycles, and as always, we need volunteers to lead activities, please let any committee member know if you are willing to help. If you have enjoyed these Newsletters remember you can find all issues archived the on our website, in Word and easy, printable PDF versions. <https://www.traditionaltouringclub.com>*



## MINEHEAD HOLIDAY

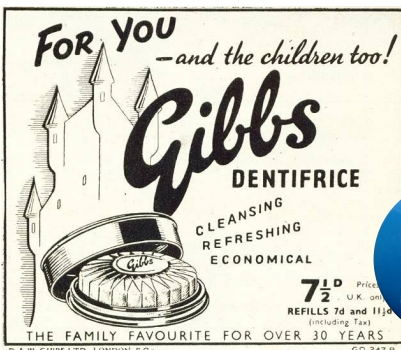
### Butlins Here We Come

Baby Boomers the luckiest generation. Yes we have been the most vulnerable group through this awful pandemic in our midst but we came through it. The worse thing for us has been the fact we couldn't travel or meet up. We have really taken everything we know for granted. Nothing was going to spoil



our retirements but then in March 2020 we were stopped in our tracks. LOCKDOWN. We didn't know when we could all get together again. Sally decided that she would book Butlin's for 17th May in hope that we would be able to travel and mix. She hit the jackpot that was the date that we would start to get back to normal.

The excitement I felt for this trip was like no other. It took me back to my childhood the feelings I had in anticipation for our holiday to Canvey Island and the Isle of Sheppey. Mum dad five kids ( my older sister was too embarrassed that she had five siblings to come along with us). We were the family on the train that when people saw us they chose another carriage even though we were well behaved but a high number of kids turn people away.



We had spent weeks wondering what we would do when we got there. We had plans. First thing would be to take our home made dresses off and change into our Pollard jeans bright blue and red. We couldn't wait to have a proper bath instead of the cold tin bath in the kitchen. The inside toilet was something else. Added to that we had Palmolive soap instead of the sunlight and fairy bars oh



and Gibbs toothpaste in a tin. Going to the clubhouse for lemonade and crisps. Playing the penny machines having our fortune told from a Gypsy Lee machine, whatever the weather we were going to have a great time

Back to the Butlin's trip. We were driving so I packed everything. John couldn't understand this he has a small suitcase boots sandals and a coat. At the last minute I put in a hat and scarf an extra coat and a dressing gown. My goodness these turned out to be the most important bits of equipment. Even John needed my dressing gown when he brought me my morning tea. So annoying it suited him more than me. I don't think he really needed my heeled shoes too.

The weather forecast was awful but we didn't care. The traffic was awful but we didn't care. We got there and settled into the bungalow our home for the week. A nice cup of tea and a tea cake on the patio would be lovely the sun was out. The seagulls decided they needed the tea cake more than me so one swooped and almost sat on my shoulder

All meeting up on the first days walk was just wonderful. The life we once knew was returning. Everyone shared my excitement. Great walk lots of talk beautiful scenery ending in a pretty village Watchet. We managed to walk every day the sun came out the showers came the coats were on then off. One walk was a very steep climb. It turned out to be worthwhile because when we climbed back down a few of us sat outside a pub for a welcome drink in the sun here we learned that Martin was once a Butlin's Beaver apparently he has a badge to prove it. Was there any other Beavers on this trip? The worse day weather wise was Friday so we took ourselves off to Taunton on the bus. Then on Saturday we did a circular from Watchet.

Great day until we had to climb a fence to get out of a farmers field. Not a pretty sight. We left on Sunday a day earlier certainly no reflection on the holiday purely to miss the traffic which we did

Looking around at the children and families in Butlin's they were so enjoying themselves. My next door neighbours little boy who was 2 1/2 had never seen so many people all together. He was a little boy that only knew lockdown. It was certainly a place to people watch all different types sizes but they all had one thing in common to give their kids a break that they will always remember. Where family memories are made

For us it certainly was a trip for us to remember as one of our most important holidays as we all badly needed it. We now will never take things for granted and will make the most of all our days out and trips away.

Thanks again Sally and thanks to Robert for guiding us.



*Christine Blowers*



## Stuarts Further ramblings of a Norfolk lad

I was looking forward to the trip to Minehead for a number of reasons;

- 1) During my 74 years on this planet I had never stayed at a Butlins .



- 2) Although a keen rail enthusiast I had never travelled on the West Somerset Heritage railway, which at 22 miles is one of the longest Heritage lines in the UK, linking Bishops Lydeard to Minehead
- 3) I had never visited this part of Somerset
- 4) I had never walked any part of the South West Coastal Path which links Minehead to Poole, a distance of some 620 miles.
- 5) I had never travelled on the number 10 bus which travels between Porlock Weir and Minehead

During our stay of 7 days I managed to achieve items 1 to 4 but failed miserably on item 5.

For our first full day Sally led a walk from Butlins along the coastal route to the pretty seaside village of Watchet. Unfortunately part of the route was closed for essential repairs which meant a fairly lengthy diversion along a nearby road which is where we met the only TTC member who had brought their bike on this holiday. Sue Alder had cycled there (with battery assist) before meeting up with us again by the harbour at Watchet. Fortified by food and drink most of us walkers decided to catch the number 28 bus back to Minehead. We had only gone a few miles when the driver pulled up at a village bus stop where an elderly man was waiting and right behind him a rather forlorn Sue Alder whose bike battery was apparently running out of assist. Despite plenty of room onboard the driver refused entry for the bike so we waved goodbye to a somewhat dejected and even more forlorn Sue. On the way back I noted several tricky hills so was pleasantly surprised when Sue arrived back at Butlins shortly after we returned having lost both battery and bus assist. Well cycled.



The weather forecast for our week in Somerset indicated that Wednesday would be the best day and so it proved as we awoke to clear blue skies. My detailed plan for that day was as follows: The Budds family (Me, Gabrielle, Clare & Rebecca) would walk the first stage of the South West Coastal Path from Minehead to Porlock Weir, stopping off at the tea rooms at Bossington and then finishing at the Ship Inn at the Weir before catching the Number 10 bus back to Minehead. Intense scrutiny of the bus timetable indicated that there were return services at both 15.32 and 17.47 (last bus of the day). The plan would be to catch the earlier service with the 17.47 as a safety net. As far as I knew Sally and several other walkers would be joining us. However as we met up with the others, before starting out, their plan had changed somewhat. They were catching the bus to Porlock and walking back to Minehead! The Budds quartet set off climbing steadily up the route including some challenging pathways to the heights of Exmoor. The sun shone brightly, not a cloud in the sky, and there were enchanting views across the Bristol Channel to South Wales. As we walked further and further towards Porlock we eagerly anticipated meeting Sally's party coming the other way. Suddenly I spotted a group in the far distance, it must be them, but alas closer inspection revealed a small herd of cows. Perhaps a visit to Specsavers is needed. We arrived at the tea rooms and still no sign of the TTC. Which route had they taken? How had we missed them? After enjoying tea and cake I realised the journey was taking longer than planned but we decided to walk the last 3 miles because we always had the 17.47 bus as a failsafe. Porlock Weir and the Ship Inn proved a most agreeable end to our day out. The weather was still great, the views were lovely and 2 pints of Exmoor Ale hit the spot. Around 17.30 we moved across to the bus stop to ensure we would be first in the queue and shortly afterwards 2 other couples joined us. As this was the terminus for the number 10 we were confident of getting a window seat. Shortly afterwards the bus hove into view. Surprisingly it seemed somewhat full but then these passengers were clearly arriving to experience the delights of Porlock Weir. The bus doors swung open but nobody on board moved. I glanced upwards and staring down at me I recognised many familiar faces. It was the TTC on tour! As I mounted the steps the driver stated (in a rather stern and somewhat condescending voice) that he had only room for one other. I protested but he was adamant. COVID rules had struck again. As the doors were about to close Rear Admiral Ron shouted out the telephone number of a local taxi company. Ring them and mention my name were his last words as the number 10 moved away. 8 somewhat disgruntled souls had been abandoned.

We quickly rang the number given but nobody had heard of Ron and anyway their taxis didn't cover the Porlock Weir area. They did however give us the details of another local company. We then rang this second number. Good news, they could pick us up but the driver was having his evening meal so it would be awhile. Apparently he had only just started to eat and



there was a dessert to follow the main course! Eventually the taxi arrived and we journeyed back to Minehead. He wouldn't accept our bus passes either.

It had been a memorable day out but not entirely as planned. As we travelled back we pondered as to why the TTC were on the number 10 when they should have been rambling back across the hills to Butlin's. ? The next day we found out why. They too had fallen victim to the vagaries of the Number 10 and the strict interpretation of COVID ! But that's another story.

**Stuart Budds**

## Sally's Walk - Admiral McHardy Way

Sun 27 June. 'Admiral McHardy Way' (named after the first Chief



Constable of Essex). This 9 mile circular walk was created in 1990 to commemorate 150 years of policing in Essex. The route takes you along the banks of the Chelmer, heading across farmland, along the historic Grace walk, and through a variety of Woodlands before heading back to the river.

We all met at Paper Mill Lock except for one car who's Satnav took them all around the nearby lanes on a mystery tour and eventually ending up in in tea rooms car park next door. No harm done as the car park was directly adjacent, and they had time for a coffee before we set off. I have done this walk for the club before and I know there is nowhere to stop on route for drinks, food or toilets (alright for the men but a bit tricky for the females) however it is such a lovely walk and although it says 9 miles it was actually 10

**Sally Meredith**

miles, but don't let that put you off it is an easy flat walk with some great views.

There were 11 hardy walkers and my dog on a perfect day for walking, not too hot, no rain, no wind, and terrain was easy-going. We walked the river Chelmer for about 2 miles with the nearby noise of the traffic on the A12 before crossing over the river to walk across a field towards Graces Walk, where it is said to be haunted by Alice's ghost. We surprisingly didn't hear or see anything, I think the sight of us probably put her off, but who is Alice??

The route takes us through a farm and an orchard to Lingwood Common, up to this point there is nowhere to sit and we were all getting tired and hungry, we had been walking for over 3 hours. About a mile through the woods is a bench where half our group stopped to rest and eat. The other half walked on to the next bench. Thankfully no one

was sitting on it unlike when I did the recce, we didn't see a soul through the woods but when I reached the bench a lady was sitting there (hopefully not Alice) Not sure it was allowed to sit that close to strangers with Covid rules and all !!



We all felt much better after a well-earned rest, food and drinks, we went on our way to the finish, following the route with some lovely road names 'The Ridge' 'Fir Tree Lane' 'Darcy Rise' 'Postman Lane' Spring Elms Lane' 'Mill Lane' to the woods called 'Heather Hills'. This Wood emerges onto a field giving wonderful views across the Essex countryside, apparently there is evidence of ancient earthworks nearby meaning these views have probably been enjoyed for thousands of years.

We were at this point walking down towards the river and making our way back to Paper Mill Lock.

On arriving back tired and weary some went for refreshments in the tea rooms and the other went home for a well-deserved rest.

Thank you to all who came on this lovely walk, I hope you enjoyed it and those who have never been to Paper Mill Lock I do hope you visit there again.





## Sally's Walk - Cherry Orchard Jubilee Park

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Sunday 13th June walk around Cherry Orchard Jubilee Park about 7 miles. The park is situated in the countryside of the Roach Valley in 200 acres of a beautiful wildlife park. The first phase was the planting of 28,000 trees and in 2005 to celebrate 200th anniversary of the Battle of Trafalgar an avenue of 200 oak trees was planted in the park. I know the weather has been pretty grim over the last few weeks with some exceptions but this day was sunny and hot.



I did a recce the day before knowing the forecast so I walked through the park finding all the shady areas. Believe it or not most of the walk was through the tree lined parts of the park.

There were eight of us on this walk and I had to take this photo of us all in this meadow full of beautiful daisy, they were at least 2ft high, against this lovely blue sky. We went on from here to walk towards the lake in the shade. Through wooded areas again up towards Gusted Hall and Primrose Wood. Through a paddock then down towards the River Roach back to the car park. Some went home from here and the rest of us went to the Cock Inn for refreshments. Who did we meet? Eddie in the garden waiting for us, what a nice surprise. The fun started when we couldn't order drinks at the bar, we had to use the app!! So I downloaded the Green king app and went on to order our drinks which took me about 20min, good job no one wanted food. We sat in anticipation hoping it went through to the right pub and table, low and behold our drinks turned up all correct in about 5min, result. I must say it has been an education this pandemic with using apps, ordering food and items online, I feel I have learnt such a lot by having to do these things for myself without the help of the youngsters, well perhaps a little at times. Thank you for all who joined me on this pleasant local walk.

*Sally Meredith*

## Robert's Walk - Bermondsey/Rotherhithe

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A circular walk from Fenchurch Street not involving any tube journeys. A pleasant day weather wise apart from a couple of sharp showers. Good company (about 9 of us). With a cup of coffee behind us we set off over London bridge towards



Borough market in the shadow of the Shard before negotiating the maze of buildings that constitute the Guy's hospital complex. Through an historic part of Bermondsey that was once home to a thriving leather industry (the Leather Exchange building – now a pub – still stands) and onto Southwark Park. This latter park is one of those underrated open spaces of London that exist to complement the well-known Royal Parks (such as Hyde Park etc). Sports facilities, ornamental ponds, café etc. Out of the park and a short walk to Surrey Quays station and a lunch stop at Wetherspoons. Refreshed from that we set off past the dockers' shelter where dockers queuing up in the hope of being taken on for a days' work would shelter from the elements. The names of the old docks gave hints of the destinations that the imported products once hailed from – Greenland Dock (still filled with water and containing a water sports centre) and Russia Dock which is now filled in and which is now a woodland centre/ecological park. Stave Hill provided a good vantage point for looking back at the city, Canary Wharf etc. A short walk past Surrey Water took us to Rotherhithe tube and then past the Brunel museum in the old pumping house and onto the riverside to follow the Thames Path past historic pubs and converted wharves back to Tower Bridge and Fenchurch Street. A good day. *Robert Wright*

## Robert's Walk - South bank of the Thames

About ten of us were present on a scorchingly hot day. My original idea of a walk to Hampstead/Highgate had been shelved through not finding the time to recce it so this was a good alternative in the circumstances. After a tube journey to Putney Bridge we crossed over the Thames and we were soon into Wandsworth Park a very pleasant peace of open space down by the riverside – and offering plenty of shade. In fact we were lucky to find a fair amount of shade throughout our days' gentle walking. Various developments along the Thames entailed short diversions inland but generally we were able to keep pretty much to the waterside. Battersea heliport provided some noise with quite a lot of helicopters coming and going and Battersea Park provided some peace and quiet (including a Peace Pagoda) and more shade before coming to the Nine Elms. I had last been in this area a couple of years ago (it is close to the new American embassy and the old Battersea power station) and was keen to see what further progress had been made. The answer is quite a lot – the path now going staying much closer to the Thames than hitherto and an impressive array of shops/eateries/apartments. We had a welcome stop for refreshments/ice cream etc. Battersea Power station is quite an impressive sight up close and the redevelopment of the site looks pretty close to finalisation. When finished it will be worth a visit to the visitors centre/museum. On we loped to Vauxhall bridge where under the shadow of the M16 building we crossed the Thames, went past the Houses of Parliament and got a tube back from Embankment to Tower Hill. A day well spent. *Robert Wright*



## Christine's notes from portugal on coming out of lockdown 🤔

As soon as was humanly possible I was on the plane to Portugal, in order to see my son and his family after 15 months. As many of you know I lived in Portugal for several years before returning to Leigh nearly 5 years ago. I thought you might find some of things that happened over the years, due to misunderstanding the language, rather amusing.

- One of the first things that happened was that I was introduced to the local catholic priest, a rather good looking, tall young man, outside the church. "Com estou! (How are you?) I asked. "Estou constipadao" he replied, looking like he wanted sympathy. I wasn't quite sure how to react..... "Oh dear, oh dear," I said and backed away. "Why did he tell me he was constipated?" I asked my friend. "I mean, isn't it a bit too much information, particularly from a priest on our first meeting" She shrieked with laughter. It doesn't mean that!! It means he is bunged up with a bad cold!*

- My son took me to his favourite restaurant and they proudly presented me with their "English" menu.*

### Fishes.

*Grilled Angler.*

*Shrimps in spit.*

*Cod in embers.*

### Meat.

*Chop of Bullock*

*Chopped black pig, wild.*

*Lumps of oven goat with alcohol.*



*I laughed so much, I could hardly eat my shrimps in spit,(Spit roast langostine), but they were delicious!!*

*And my son's meal was a large octopus, with all it's tentacles dangling over the side of the plate, which was served with boiled potatoes and stewed turnip tops. He said it was scrumptious.*

- The Portuguese for No is Nao, pronounced Now. This led to a few difficulties to begin with. "Is the bus coming?" "Nao, nao". "Oh good," I thought, I don't have to wait then. Ten minutes later, "IS*



*the bus coming??", "Nao nao, ". I came to the conclusion that all the people at the bus stop were crazy until the penny dropped.*

- I went swimming every day at the municipal swimming pool, a rather grand Olympic quarter size pool built entirely with EU money. My young friend Jorgie was in charge , and he prided himself on his English. One day when I arrived he flung himself across the door to the viewing area, saying in an agitated way , "You can't look in there, it's full of frogs!!"  
"Good Lord, I must see this!" He moved out of the way, and I saw that the entire pool was filled with steam, and the water appeared to be bubbling. " I think you meant FOG, Jorgie, but it's not that, it's called steam!! How did it happen?" He looked conspiratorial. " The thermostate has changed."*
- My mum, a resident of Leigh, Westcliff and Southend all her life, wished to come and live with me in Portugal when she was 89 , so she came and spent the last 5 years of her life out here with me. She wasn't too well, so I thought I ought to make a few enquiries. I turned to Jorgie, my ever helpful friend, and asked him if I could buy a plot in the cemetery, as mum wished to be buried when the time came. "I'll phone the Camara (Town Hall) for you." After a lengthy phone call Jorgie put the phone down. "No, you can't buy a plot in the cemetery, but you can buy a hole in the wall after 8 years to put her bones in."  
I was gobsmacked! "But what do I do with my mother's body in the meantime Jorgie? Do I have to bury her in the garden and dig her up after 8 years ?" He screamed with laughter. "No, you automatically have a plot in the cemetery because you are a resident, but you will have to dig up her bones after 8 years as we don't have enough space." I felt a bit worried. It's true, the cemetery was quite small for such a large town. I then felt rather ill. "But Jorgie, I don't think I could dig up my mother's bones, I mean.....it wouldn't be hygienic!" Again he screeched!! "The grave workman will do it. He does it always."*

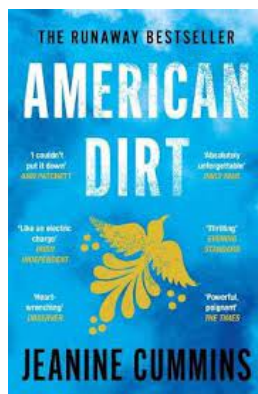
Well, you be pleased to know that when mum did eventually pass away she was buried in a beautiful plot here in the local cemetery, and practically all the town came to sit with me in the chapel of rest throughout the night before, as is their custom, and when the 8 years are up, except it's now been extended to 10, she is going to be cremated and brought back to Leigh, and her ashes scattered off Jocelyns beach, from where she used to swim nearly every day of her life.

*Christine Sewell*

## Book Club

### [American Dirt by Jeanine Cummins](#)

American Dirt achieved a massive 9 points (8.7) - only just short of our all-time favourite 'Bird Song' (8.9).



## BARBARA'S WALK IT CHALLENGE FOR CROHN'S & COLITIS UK

I was diagnosed last year with a little known Inflammatory Bowel disease called Ulcerative Colitis, a dreadful disease that can severely impact without warning on sufferers' day to day activities. Unfortunately the disease is currently incurable.



To raise awareness of the disease and funds for the worth-while and supportive charity Crohn's & Colitis UK, I took part in their My Walk it June challenge. The challenge I set myself was to complete a half marathon, a distance of 21k, in four stages of approximately 5k each. Jeff, my husband, accompanied me on all four stages, along with many of my friends.

I completed the first stage of the challenge on Wednesday 2 June, walking in the RHS Garden at Hyde Hall. It was a lovely sunny day with just about enough of a breeze to prevent us from over-heating.

The following Wednesday, the walk was a tour of the highlights of Rayleigh. We visited Fairview park, Brooklands park, Holy Trinity Church, Rayleigh Windmill and Rayleigh Mount. Passing close to the Dutch Cottage we made our way towards the Pavilion snack bar in King George V's park for a well-deserved coffee break.



The third stage of my half-marathon was in Southend, starting in Southchurch park and then walking along the seafront towards Thorpe Bay and Shoeburyness and back. This was probably the hottest day of the year so far but, fortunately, there was enough of a sea breeze to keep us cool.

I completed my half-marathon challenge on (you've guessed it!) another Wednesday - 23 June. The walk this time was in Cherry Orchard Jubilee Country Park. Again, we had lovely weather and we managed to avoid most of the muddy parts.



For the fund-raising element of the walk, Crohn's & Colitis UK suggested a minimum target of £150. I have to say that I was dubious of being able to raise so much. However, I am delighted to tell you that I have raised almost £1,000. I would like to give a heartfelt thank you to all those that have donated –I have found this very inspiring.

My Just Giving page will stay open until 12 July so if you'd like to make a donation, click on the following link <https://www.mywalkit.org.uk/fundraising/barbaras-walk-for-crohns-and-colitis-uk> . All donations, no matter how small, are very much appreciated.

Thanks again. *Barbara Bowen*

## The Allotment Good Life



Allotments bring many benefits, particularly if you don't have a garden or space to grow and cultivate your own fruits, vegetables or flowers. We have quite a number of allotment members who all love the social side of meeting up and having a chat. We all have the same interests in gardening and watching our plants grow, everyone shares their skills, plants and ideas. What I appreciate is the help from others, with watering, weeding and the fact we all just get on so well together. The cafe is open Saturday and Sunday mornings, many of our members kindly help in the kitchen preparing the food and drinks. This is a great place to meet and socialise with good reasonably priced food. The National Allotment Society suggest



that 30 minutes of work on the allotment can burn as many as 150 calories, unfortunately it can bring on hunger so down to the cafe for food we go, this is probably the reason why I don't lose weight. However it's not supposed to be a workout but an enjoyable exercise, plus getting a daily dose of fresh air, Vitamin D and to stave off stress or anxiety. Everything we grow is down to hard work, and of course a little help from nature. Once our crop comes in thick and fast we share this amongst ourselves.

We are growing potatoes, tomatoes, beetroot, onions, beans, lettuce, radishes, courgettes, cucumbers, broccoli, herbs etc plus fruits apples, rhubarb, berries etc.

It is an achievement that comes from growing your own vegetables and fruits, picking your first crop of tomatoes, strawberries or cucumbers knowing that it is organic and believe it or not they have so much more flavour. Let alone the cost factor, once you grow a variety of vegetables and fruits and harvest them regularly you'll soon see the benefits and you can even freeze many vegetables ensuring your harvest doesn't go to waste.

Thanks to all my Allotment friends for their constant support. If you want to visit us at the allotment contact Norman.

*Sally Meredith*

## QUIZ Corner

### GARDENING

1. The Love apple is the original name for what?
2. Which plant takes its name from the Italian phrase for 'beautiful women'?
3. Which TV presenter and gardener has a garden name 'Longmeadow'?
4. Soil can be acidic, alkaline or what?
5. How long does it take to produce asparagus the first time you plant it?

### GEOGRAPHY

1. In which country is the UK's highest mountain?
2. Mount Vesuvius overlooks which modern Italian city?
3. What is the highest active volcano in Europe?
4. Which European capital city is divided by canals into about 90 islands joined by around 400 bridges?
5. What is the world's largest port?
6. Which South American country has land borders with 10 other countries.
7. Which city is known as 'The Eternal City'?
8. Which island would you visit to kiss the Blarney stone?
9. Which stretch of water separates Anglesey and Wales?
10. In which country is the world's largest waterfall?

### LITERATURE

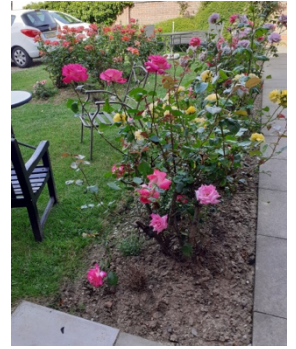
1. What are the names of the three Darling children in JM Barrie's Peter Pan?
2. What is the name of the fourth Harry Potter book?
3. Which Emily Bronte novel is the inspiration for a Kate Bush song?
4. What is the name of the pig in EB White's Charlotte's Web?
5. How many lines are there in a sonnet?

ANSWERS:	
<u>GARDENING</u>	
1. Tomato	5. 2-3 years
2. Belladonna	4. Neutral
3. Monty Don	
<u>LITERATURE</u>	
1. Wendy, John & Michael	
2. Harry Potter & the Goblet of Fire	
3. Wuthering Heights	
4. Wilbur	
5. 14	
<u>GEOGRAPHY</u>	
1. Scotland	
2. Naples	
3. Mount Etna	
4. Amsterdam	
5. Port of Shanghai	
6. Brazil	
7. Rome	
8. Ireland	
9. Menai Strait	
10. Venezuela	



The lovely roses in the garden of our retirement flats here in Leigh are in full bloom ! Just to let members know there are four or five flats here for sale at the moment, the chance to join us here in great location near pubs and sea ! 😎

*Anna Sutton*



## WONDERFUL LOCKDOWN CRAFTS FROM LILIAN

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**A VERY BIG THANK YOU TO ALL THOSE WHO MADE THIS NEWSLETTER POSSIBLE. OUR NEXT ENCOUNTER WILL BE IN PERSON, FINGERS CROSSED!! SEE YOU SOON AT THE NEXT SOCIAL. UNTIL THEN TAKE CARE.**

**SUE**