

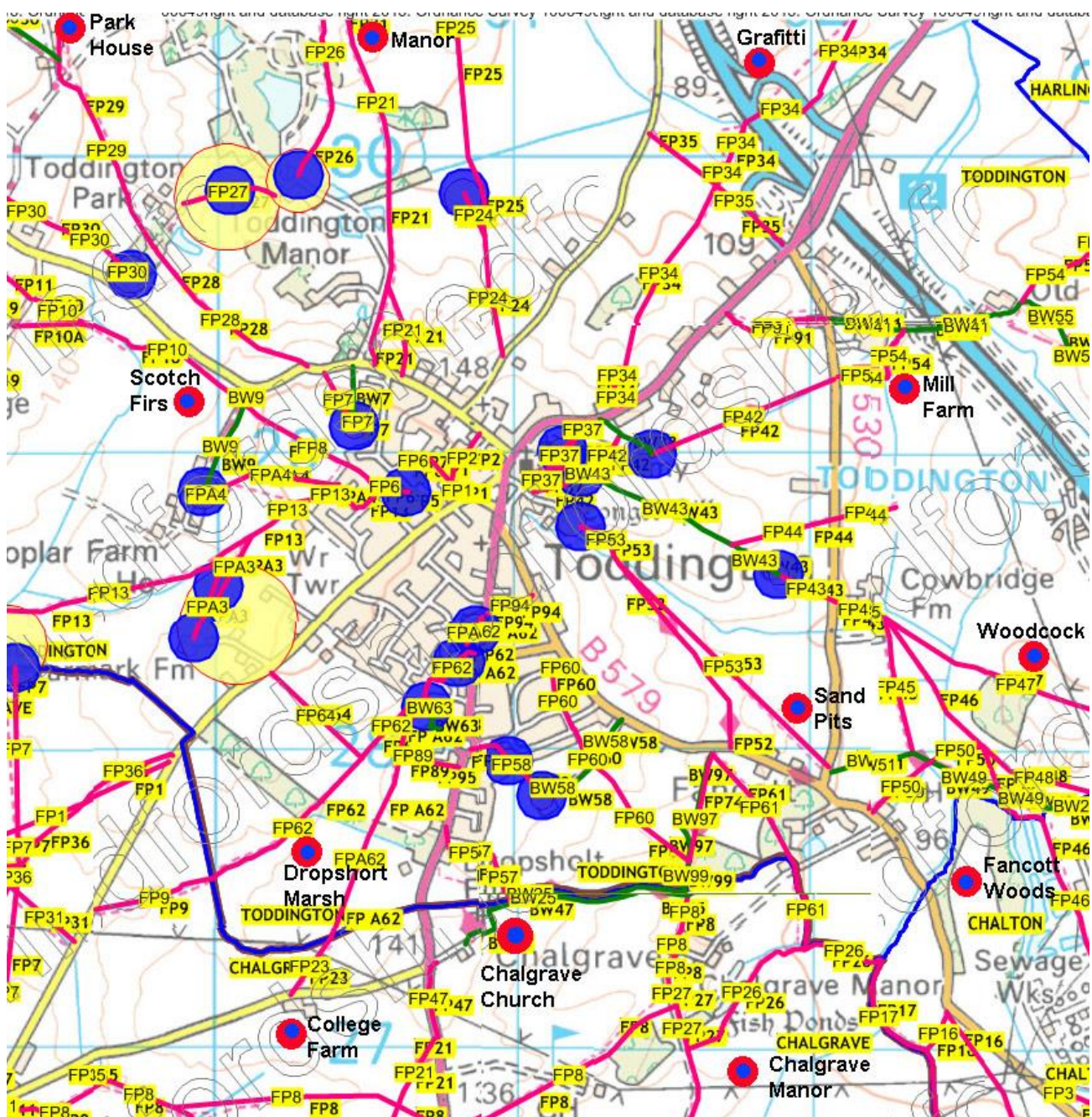


What a super winter we have had and we peaked at 45 attendees during the early warm spell in February.

Only two or three times did we have to stay in the confines of the village.

Because not everyone has email, a hard copy of this newsletter will be deposited in the Library.

The local footpath map shows the areas around the village we have covered.



To Celebrate our 2 year anniversary

W4H Toddington

Announcement

We plan to walk at Fancott Woods and Meadows for our Tuesday Walk on 7th May and call in the Fancott Arms after for coffee, a snack, a light meal ... whatever you choose.

This will deviate from our usual plan and be a much longer outing.

There are 3 options :

1. Shared driving starting at 10.45 from the Library, park at the pub, do the walk, coffee, shared drive back. **2 mile walk.**
2. Meet at Library 10.30, walk down to the Fancott, rendezvous with others, do the walk, coffee, get a lift back. **3 mile walk.**
3. Meet at Library 10.30, walk down to the Fancott, rendezvous with others, do the walk, coffee, walk back. **4 mile walk.**

Leaders will be on all routes.

We have made a reservation at the Fancott Arms for 12 noon and they will serve us as we wish. Plan to get back about 1pm or if you walk back 1.30pm.

Fancott Woods & Meadows



Traditional meadow and ancient woodland

Teeming with wildlife, the grassland is home to an extraordinary range of flowers, starting with cowslips and adder's tongue fern in the spring, followed by ragged-robin, great burnet and the now scarce saw-wort in the summer. Even the grasses of the old pasture are special with quaking-grass and sweet vernal grass indicating its traditional nature.

The woodland, known as Chalton Spinney, has towering oak and ash, with alder in wetter areas. In Spring, the woodland floor is carpeted with bluebells, along with sanicle, dog's mercury and the occasional primrose.



Our walk there last year



The cows grazing the meadows are friendly





Just before Christmas we were invited by Friends of St Georges to participate in the 18th annual Christmas tree festival.

This is our entry decorated in a walking theme, your four leaders at the bottom in Christmas attire.

It was a splendid group effort, with folks knitting bobble hats, five-barred gates, stiles, way markers and dog signs, with a few photos added.

Thank you all. It certainly started the Christmas countdown nicely.

And now it is:

**HAPPY EASTER TO
ALL OUR WALKERS**

Below: general view of the Church. Our tree identified by the bobble hat just in front of the pulpit.





For our Christmas Outing on 18th December we once again were escorted by John Little with a fine commentary on its history, around Poplars Wadelows Nature Reserve. Above photo is the initial assembly introduction and below John, with roving amplified mic, tells us about the Reserve from a panoramic viewpoint in front of the permanent display board.





After the walk we all had Christmas dinner, desert and coffee in reserved seating for a bargain price of £10 a head. Thank you again Poplars.





We started our walks in 2019 on 8th January. And what a splendid day that was. The sheep were in two minds to follow us through the gate as we looked down at the old sandpits near Fancott.

Attendance has been tremendous and one walk we peaked at 45 folks turning up. Providing we have all four leaders we are not stopping for catch up and allowing those wishing a faster pace to continue with it. We then get a natural split in the group both having leaders and back markers. It has worked well so far and we will continue to monitor our progress this way.



Harry Gray
29th Jul 1941 - 2nd Apr 2019

Passed away peacefully on Tuesday 2nd April 2019, aged 77.

Harry Gray started walking with us last year and enjoyed his outings so it is with sadness we have to report this recent bereavement. Our sympathy goes to his wife Anne, children Hannah and Luke and all their family



The photo of us all walking back from Park House last November makes a super picture with natural land slopes and distant smoke from a bonfire.

A group by the Scotch Firs in February.
Photo courtesy of Jane Weeks



Delighted to see the upkeep of our foot-paths with two new bridges over the bog descending to Sandwich Hill and Mill Farm.



We were delighted to see our photo on the Scotch Firs walk in the publication where W4H was mentioned

HEALTH & WELLBEING

Recognising projects which use the local environment to promote mental and physical health.



Walk for Health

Walk 4 Health Bedfordshire (W4H) is a project managed by Bedfordshire Rural Communities Charity, and has been co-ordinating health walks throughout Central Bedfordshire and Bedford Borough for 15 years, and there are currently 38 distinct walk programmes, most of which take place weekly.

The wide range of benefits that these walks provide includes helping people physical and mental wellbeing along with social interaction.

The walks usually last around an hour. At the end of the walks leaders encourage walkers to socialise.

In 2017 W4H ran well over 1,300 health walks with a total of approximately 30,000 'people walks'.

Should you wish to contact any of the walk leaders, our details are listed below. Although we are the ones who organise the walks, your voice matters, so let us know your views and suggestions.

Ali Barker – mob: 07967 885868/email: alidbar@gmail.com

Alan Higgs – mob: 07946 893099/email: alanhiggs@gmail.com

Paul Carne – mob: 07963 196314/email: paulcarne123@gmail.com

Kathy Bocutt – home: 01525 872726/email: kathy.bocutt@ntlworld.com