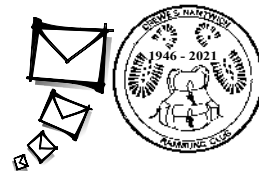


WITH SADNESS AND CONDOLENCES TO MARILYN NORBURY AND FAMILY, WE REPORT THE PASSING OF HUSBAND PETER ON 12TH NOVEMBER - FUNERAL ARRANGEMENTS 2ND DECEMBER AT 11.00 AT ST MARY'S , WISTASTON WAKE AT MASONIC HALL, WILLASTON AFTER THE CHURCH SERVICE

Marilyn would like an idea of those attending the wake

Contact 01270 661640 norbsbadgersbank@gmail.com

THE COMMITTEE THANKS MEMBERS FOR THEIR SUPPORT IN WHAT HAS BEEN A CHALLENGING YEAR AND WISHES THEM AND THEIR FAMILIES A JOYOUS CHRISTMAS TIME AND A HAPPY NEW YEAR



2021 Sunday Walking Programme Attendance on our Coach walks remains at 30 - 35, although we have attracted some new Members on recent walks - however we continue to lose money. Members joining coach walk are required to bring their coach fare - £12 - in a sealed Envelope with their name on the front (couples can use the same envelope with both names on the front) - these are collected on the Coach by the Treasurer.

Masks on the Coach - Wearing of masks is no longer mandatory, but recommended.

Reminisce Meetings -The next event is arranged for Monday 6 December. Meet at 12.00 at the Sacred Orchard, Nantwich to place your order and expect to be eating around 1 pm. Contact Marilyn Norbury 01270 661640 norbsbadgersbank@gmail.com to confirm your attendance.

Annual Meal Walk - October 10th - A great success which also celebrated our clubs 75th anniversary. Many thanks to John Moreton for organising the Meal and Marilyn Norbury & Kath Conroy for organising the Memorabilia & Banner on display in the Meal Venue. Photos of the event are now on the website

Walk Leaders - Members who have attended walks since our re-start will know that we struggle to find Leaders, although a number of Leaders, including new ones have come forward recently.

Emergency Procedures - The Committee has recently reviewed and revised our Emergency Procedures, these are included on Page 2 of the Newsletter as 2 A5 sheets. Members should make themselves familiar with these procedures and carry a copy on walks.

First Aid Kits - We have recently upgraded our First Aid Kits - There are a number of the previous versions available for Members to buy at £2.50 each.

2022 Club Holiday - This is the postponed 2021 event which was suspended due to COVID restrictions Spaces are still available - for further details contact Phil Mellor.

Placing of Bags in the Coach Luggage area - Members joining/leaving at Crewe and ALDI - Rear Section, Wells Green - Middle Section, Nantwich - Front Section, Bags will also be introduced to hold Boot Bags for easier retrieval on returning from the walks

LEADERS REQUIRED FORTHCOMING WALKS

2021	RAMBLE AREA/LOCATION	LEADER REQUIRED
DEC 26	BOXING DAY RAMBLE + LOCATION RQD	1
2022		
JAN 2	ALDERLEY EDGE	A,C
JAN 16	DESTINATION REQUIRED	A,B,C
JAN 30	DESTINATION REQUIRED	A,B,C
FEB 13	DESTINATION REQUIRED	A,B,C



OUR 75TH ANNIVERSARY AND MEAL WALK GROUP(PHOTO COURTESY OF JOHN CHAMBERS)

Footnote: To receive your newsletter by e-mail, please e-mail your request to - info@creweandnantwichramblingclub.org.uk

CREWE AND NANTWICH RAMBLING CLUB

EMERGENCY PROCEDURES

DISCLAIMER: The aim of these notes is to provide guidance only, they do not constitute formal instruction or rules of action in an emergency.

Before taking any action, try not to panic, take a deep breath and weigh up the situation

- If a **First Aider or medically trained person** is in your group, they should take charge with the assistance of **one other person** eg partner/dose friend
- The two carers with the casualty should work together and make a quick examination.
- **Leader** should also remain with casualty
Back Marker see page 2 on reverse



If the casualty appears unconscious gently shake their shoulders and talk to them **loudly**.
If a carer feels able and has the knowledge they should attempt CPR

- If there is no response **ask Leader** to contact the emergency services on **999 (or 112)** and give **Map Reference** of the location, mention any landmarks, pubs, signposts etc. Listen carefully to the instructions given & follow them. Keep the mobile switched on after making the call. If there is no mobile signal find the nearest contact point such as a farmhouse or phone box

- Carers should attempt to assess the nature of the injury, cause and possibly history and any obvious medical conditions, eg epilepsy, heart attack. Be aware that it may be necessary to call **999 (or 112)** at this stage too. **(NHS Direct 0845 4647)**

- If there is any possibility of **spinal injury** or **Fractures do not move the casualty and do not give food or drink**



If casualty is responsive and is breathing normally place in recovery position

- **Keep them warm, remove any wet clothing if they are suffering from hypothermia; if possible give hot sweet drinks and high-energy food.**
- If **Heat Stroke** is suspected, look for a cool place and give sips of water or non-fizzy high-energy drink
- The **Back Marker** should guide the remainder of the party away to a safe distance advising them to keep warm and watching for any signs of shock/exposure among them. The **Back Marker** should then act as liaison between two groups until a decision on continuing the walk can be taken.
Can they competently move on leaving the **carers and leader** with the casualty?
Could the **Leader** and **Back Marker** now change places? OR Is it safer for the whole party to remain together?