

ANNUAL GENERAL MEETING REPORT



A successful AGM was held at The Brittles on 21st February. The new Committee is Chair - Bryan Clydesdale, Vice Chair - currently vacant, Treasurer - Judith Ruff, Secretary - Stuart Watkinson, Membership - Richard Farrall, Newsletter Editor - Bryan Roe, Ramble Organiser 1 - John Moreton, Ramble Organiser 2 - Peter Johnson, Co-opted Member Reminisce - Marilyn Norbury, Co-opted Member Publicity - Lynn Richards, Co-opted Member First Aid - Deborah Ronson, Co-opted Member Club Holiday 2023 - John Chambers, Co-opted Member Skittles & Bowls - Peter Winby, Co-opted Member Safety- Kath Conroy. Full Descriptors of all Committee roles will be available on the website as well as AGM Minutes and an updated Membership Form

ANNUAL SUBSCRIPTIONS - The AGM approved an increase in subscriptions to £15 - these are due by the end of March. A renewal form is on this Newsletter. Any Member not renewed by 1st April will be removed from the Club.

Items from recent Committee Meeting & General Information

Social Meet Up- Twelve members have booked for the get together at Rookery Wood at 12.00 on Monday 28 March. Any other member who would like to join this social event can, on this occasion, just turn up!

Bowls Morning & Walk - 19th May 2022 - The Red Lion Little Budworth Organiser Peter Winby- details in the next Newsletter.

Club Holiday - Isle of Wight 2022 - For any queries about this holiday please contact Phil Mellor 901270 910793)or Jane at Star Travel (01270 500880) Rooms may still be available

Meal Walk - 14th August 2022 - Longnor - Organiser John Moreton

Skittles - 8th September 2022 - The Bickerton Poacher - This is a Lunch Time Event - Organiser Peter Winby - details later in the year

Club's Emergency Procedures - Following recent incidents on walks, the Committee asks that Members familiarise themselves with the procedures, a copy of which is attached to the Newsletter. Leaders are reminded that they should appoint a Back Marker

First Aid - It is more than 3 years since the previous course, certificates were valid for 3 years - members who previously attended are recommended to renew their certificates and we would also welcome more members to be First Aid trained - please contact Kath Conroy (01270 662974) who will organise a suitable course which will be funded by the Club.**Car Ramble** - Bryan Clydesdale will lead this Walk for Club Members not attending the Club Holiday

Appeal for Walk Leaders - Members who might be interested in leading walks, but are unsure of the procedures should contact any Committee Member - short training courses can be arranged.

Next Committee Meeting -26th May 2020

If members have any issues which they wish to raise, please notify the Secretary - Stuart Watkinson - a week prior to the above date.

APPEAL FOR WALK LEADERS

The 2022 Winter/Spring Programme over the next few months still requires leaders for some walk grades - see below

08/05/2022	LOGGERHEADS	'A'
22/05/22	PENMAENMAWR	'A' & 'C'
05/05/22	WEST KIRBY	'A' & 'C'
19/05/22	LLANGOLLEN	'B' & 'C';

CREWE & NANTWICH RAMBLING CLUB MEMBERSHIP RENEWAL FORM 2022/23 Current subscriptions - Adult £15.00 Junior (u18) £5.00

Name(s)..... Address.....

Tel..... Confirm E-mail address.....

I/We wish/do not wish to renew my/our membership

Signature/s..... I/We enclose £..... cash/cheque

Please return to the Treasurer - Judith Ruff, 12 Whirlow Road, Wistaston, Crewe CW2 6SR

PLEASE MAKE ALL CHEQUES PAYABLE TO: CREWE & NANTWICH RAMBLING CLUB

To pay by Bank Transfer/Standing Order - Use Sort Code 20-24-09 A/C No 43880524 and include your name as a reference

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 wade 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 /close friend**

**The two carers with the casualty should work together and make a quick examination.
Leader should also remain with casualty - Back Marker see below**

**If the casualty appears unconscious gently shake their shoulders and talk to them in a loud voice.
If the carer feels able and they have knowledge they should attempt CPR
If there is no response ask Leader to contact the emergency services on 999 (or 112) and if possible give Map Reference of the location, or 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 possibly a 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 111)
If there is any possibility of spinal injury or fractures do not move the casualty and
Do not give food or drink**

**If the casualty is responsive and is breathing, place in the recovery position (laying on their side, in a comfortable 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 still
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?**