

People of all ages are welcome to join the club. It is the policy of St Francis of Assisi Catholic Ramblers Club to endeavour to ensure that no child or vulnerable adult is left in the company of a lone adult on a ramble or at a club event.

From 2009 the club is a group member of HF Holidays which brings many benefits for the club and its members.

HF Holidays own 17 top class holiday houses in the UK and arrange many holidays all over the world. You can find out more about HF Holidays by visiting their website at [www.hfholidays.co.uk](http://www.hfholidays.co.uk).



The Club is Approved by the Archbishop of Westminster and Affiliated to the Ramblers Association (Registered Charity No. 306089) and HF Holidays

With this booklet we extend a warm welcome to you to the ramblers community. We hope it gives some essential information to make your rambling safe and more enjoyable. Please read it carefully.

You can apply for membership of the club at any time. It only costs £7 a year, non refundable and renewable in October or you can take out life membership for £140, non refundable.

To:

From: Mrs Antoinette Adkins  
4 Abbotsleigh Road  
Streatham Park  
London  
SW16 1SP

E Mail: antoinette\_adkins2000@yahoo.co.uk  
Tel. 020 8769 3643

Date:

Dear ,

Thank you for your recent enquiry about the St Francis of Assisi Catholic Ramblers Club. I am one of the membership secretaries for the current year and there is also a site on the Internet where you can see information about the club. The address is "www.stfrancisramblers.ukwalkers.uk". In 2010 we celebrated the 80<sup>th</sup> anniversary of the founding of the club.

I enclose a copy of the current programme and I hope you will join us on one or more of the events shown on the programme. There are no formalities - just seek us out at the station; we are easily recognised by our walking boots, small rucksacks and happy faces!

Every Sunday regardless of weather we walk in a wide variety of locations in the Home Counties. We usually meet at a Central London Station and take a train to the beginning of the ramble. In winter you should wear warm clothing and at all times it is essential to wear walking boots or strong shoes ie shoes with a good grip to give stability on muddy surfaces. You should also carry waterproofs.

## Peace Prayer of St Francis

Some leaders pause at some point in the ramble to recite this prayer. If you have a copy of this booklet, or your membership card when you have joined the club, with you when you ramble it will help you to join in reciting the prayer until you know it by heart.

Lord, make me an instrument of thy peace;  
Where there is hatred...let me sow love;  
Where there is injury...pardon;  
Where there is doubt...faith;  
Where there is despair...hope;  
Where there is darkness... light;  
Where there is sadness ...joy.

O Divine Master, grant that I may not so much seek to be consoled...as to console, to be understood...as to understand, to be loved...as to love.

For it is in giving...that we receive; it is in pardoning...that we are pardoned;  
it is in dying...that we are born to eternal life. Amen



# The Countryside Code

**Like all rambling groups we act responsibly at all times by following this**

## **Countryside code**

**Respect the life of the countryside** Be courteous to all those who live in the countryside we are walking through.

**Guard against fire.** Never throw away lighted matches or cigarettes.

**Fasten all gates** - Leave gates as you found them but if in doubt shut them. Do not assume that someone behind will shut it; they may think it has been purposely left open.

**Keep dogs under proper control** - if there are any dogs with us they must be on a lead when there are livestock about or where notices request that they should be on a lead.

**Keep to the paths across farm land** - Do not wander through crops. When we have to walk through them keep in a single file. Even grass is a valuable crop.

**Avoid damaging fences, hedges and walls** - if we have to climb a gate do so one at a time, near the hinge.

**Leave no litter** - put all rubbish in your pocket or rucksack. Please pick up litter dropped accidentally by other walkers. Leave the countryside as beautiful as you found it.

**Safeguard water supplies.**

**Protect wildlife, plants and trees.**

**Go carefully on country roads** - most of our walking is on footpaths, so we have to pay increased attention when we have to walk for a while on a road.

**Walk on the right facing oncoming traffic.**

The weekly ramble is the backbone of our activities. We organise regular social events including parties at Christmas and New Year. We also organise occasional walking weekends and holidays. Any member of the club can organise an event and have it included in the programme provided he or she provides a telephone number for contact.

The Club has provided opportunities for Catholics of all ages and both sexes to socialise for over 80 years. From the beginning it has enjoyed the approval of the Cardinals Archbishop of Westminster and a copy of each programme is sent to the Archbishop's representative at his specific request. The club is affiliated to the Ramblers Association and in 2009 became a group member of HF Holidays.

Full membership is available to any Catholic. Members of other Christian Churches may become associate members. Membership is currently £7 on joining (£9 for those living outside the UK postal area) and is renewable every October except that new members joining after 31 July in one year do not need to pay again until October in the following year. To become a member just send a cheque for £7 or £140 for life membership (£9 and £180 for those living outside the UK) payable to "St Francis of Assisi Catholic Ramblers Club" to the Treasurer, Gillian McLauchlan, 64 Pankhurst House, Du Cane Road, London W12 0UL or to me at the above address. Or you can pay a committee member on a ramble.

Please give me a ring if you would like more information or visit the website on "[www.stfrancisramblers.ukramblers.com](http://www.stfrancisramblers.ukramblers.com)"

Yours sincerely,

**Antoinette Adkins**  
**Joint Membership Secretary**

## What you need to know before you walk

### Be well prepared:

**Save 30% off all rail fares and a little off all zone travel cards by buying a Network Southeast Card (about £25 a year).**

**Ring the train enquiry number -08457 48 49 50 - to check the time of the train.**

**Read the Countryside Code on this leaflet and follow it.**

**Remember you walk with the club entirely at your own risk so have strong boots with good grip to help avoid slipping in muddy conditions.**

**Also wear suitable socks. Terry lined socks are expensive but worth it for the extra comfort.**

**Always carry a waterproof garment as walks are not cancelled for bad weather.**

**Carry a warm woollen garment with you.**

**Take some food and liquid. We usually stop at a pub for lunch but occasionally this may not be possible.**

**In winter carry a torch as walks sometimes finish after dark.**

## On the day of the walk

Check that you are with the right group.

There are often several walking groups at the London station so ask if they are the St Francis Ramblers.

If you can't find us at the London station board the advertised train as we will be much more recognisable at the destination station.

Keep up with the group at all times. We do our best not to lose anyone but you also have an obligation to keep the group in your sights at all times.

Never walk in front of the leader.

Never eat your own food or drink your own drink on pub premises.

Be ready to leave the pub at the time decided by the leader.

If you are an established ramble make sure that new walkers are made to feel welcome and do not fall too far behind.

As you gain more experience be prepared to volunteer to act as back marker occasionally.

## Becoming a member

You can join the club right away or if you prefer you can join one or more of the rambles on the current programme before you decide whether to become a member. All you have to do is:

Make out a cheque payable to "St Francis of Assisi Catholic Ramblers Club" for the current annual membership (only £7 in 2011 -12).

Send it to the Treasurer whose address you will find on the current programme

*Renew your subscription promptly in October each year.* If you join after 31 July in one year your first subscription will take you through to October the following year. Otherwise renewals are due in October and if not paid by 31 December membership will be deemed to have lapsed.

### *Life Membership*

The contribution for life membership is currently twenty times the ordinary annual membership so in 2011 - 12 the subscription will be £140 (£180 if you live outside the UK).

## Think of leading a ramble yourself

The ramble list compiler is always anxious to hear from new leaders and the members really appreciate the time leaders take to prepare their walks. So do think of contributing to the life of the club by taking your turn.

When you do lead remember that not everyone will be as fit as you are so please wait for the slower ones to catch up (but not so long as to miss food service at the pub!!)

Again when you do lead don't linger too long at the pub and don't rush off too quickly either. An hour and a quarter is about right.

**Hope you enjoy your time with the Club and in due course take your turn leading rambles and being on the Committee.**