**August 2020 Monthly Update**

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| Dear All.We still don't have a full programme of social walks this month, but we have started to make some tentative steps back into social walking in small groups. There are more details about this below, but first of all here is the latest update from the LDWA NEC:**A STATEMENT FROM THE NEC CONCERNING NUMBERS ALLOWED ON SOCIAL WALKS BY THE REGIONAL GOVERNMENTS**The Ramblers have today confirmed that they have reached agreement with the Department of Digital, Culture, Media & Sport (DCMS) to allow group walks for up to 30 people in England and Wales. In Scotland, walking in groups will be limited to 15 people, from 5 households. After consultation with our groups, the LDWA felt that our focus should be with submitting an application to the DCMS to allow us to hold challenge events in a safe and secure manner. It is important to note that even if we get this approval, challenge events will be different to how they looked before, in terms of social distancing and checkpoints, but we are keen to help groups start their forward planning.However, this still means that LDWA social walks will continue, for the moment, to be limited to 6 people in England.We are monitoring and reviewing the current situation and we ask that groups continue to offer feedback to us about what they feel safe and comfortable with offering to members. We will hold another Zoom meeting with representatives from groups and details of this will be announced shortly. We will continue to consult on social walks and keep members informed on our application to hold challenge events.We are working closely with the Ramblers and will monitor and learn from their rollout of social walks with larger numbers over the coming weeks.Individual members can liaise with their group representatives, who in turn can liaise with the NEC. We will contact groups shortly about the dates of the next Zoom meeting to discuss social walks.*For and on behalf of the LDWA NEC**20 July 2020, 16:35.* Essex and Herts are restarting some social walks in August. Primary members have already been notified about our first walk which will be taking place this Sunday (tomorrow!) in the Little Hallingbury area. To break us back into walking gently, this will be just a 10-mile morning walk.  Following a couple of cancellations, we do still have places on this walk, so if anyone else is interested in joining us (Primary or Associate members are both welcome) just reply to this message. We are hoping to hold some more social walks going forward, but to do this we need leaders! Rita has put some notes together for potential leaders - do all please have a look and get in touch with Rita if you have a walk you can lead or if you have any queries.[Notes for leaders](https://ldwa.org.uk/lgt/downloads/EssexAndHerts/Are_you_interested_in_leading_a_walk_during_current_restrictions__1_.docx)Primary members will receive emails about any more social walks a week or so before they are due to take place.\*\*\*\*\*\*\*\***Essex & Herts Away Weekend to Abingworth**We have a space available for one male who is willing to share a twin room on this year’s 3-day Away Weekend to Abingworth (West Sussex).Dates: Friday 30th October to Monday 2nd NovemberApproximate cost:  £249 to be paid by the end of August.If interested, please email me asap. Rita Williams email: williams.rita.pam13@gmail.com\*\*\*\*\*\*\*\***Walks Day**So Walks Day was a bit different this year.  Although we weren't all able to get together in one place, lots of you walked in smaller groups in both Essex and Hertfordshire over the weekend and there were also a couple of forays into Kent.  Thanks to all of you who shared your pictures on Facebook and WhatsApp or joined Rita in the Zoom meetings.  And as befits our Walks Day, plenty of cake was consumed. I can't confirm that they were all as delicious as the one I sampled (thank you Georgie!), but I think the (virtual) prize for the most spectacular must go to Ginny’s daughter Lisa for the cake she made to celebrate Gill and Steve's birthdays.Here are all the cakes (and Lizzie's biscuit), together with a couple more recipes. And yes, you can make a cake with courgettes and lemons![Cakes](https://ldwa.org.uk/lgt/downloads/EssexAndHerts/Cakes.pdf)[Gill's Banana Bread](https://ldwa.org.uk/lgt/downloads/EssexAndHerts/Gills_Banana_Bread_.pdf)[Jackie's Lemon and Courgette Cake](https://ldwa.org.uk/lgt/downloads/EssexAndHerts/Jackies_Lemon_and__Courgette_cake.pdf)Talk of cakes and birthdays brings me nicely on to some of the 'big' birthdays that are being celebrated this year.  Congratulations to Anita, Georgie, Philippa, Pat, Maggie, Rita and Jane who all have had or will have birthdays ending in '0' this year. And a special mention for Gabriel who recently celebrated his 90th birthday.  Happy Birthday Gabriel - we missed you on Walks Day.\*\*\*\*\*\*\*\*Unfortunately, Norfolk and Suffolk's Flower of Suffolk challenge walk has joined the list of cancellations this year. However, you don't have to miss out on this lovely walk as it is being run as an Anytime Challenge from now until the end of October. All the details are on SI entries.\*\*\*\*\*\*\*\*Congratulations to all the Essex and Herts members who took part in the LDWA Chairman's Challenge in July.  We didn't all manage to complete the challenge, but it did lead to a lot of our local Long Distance Paths being walked over the month (although one member went a bit further afield and took on the San Serriffe coast path)The August Challenge - The LDWA Centurion Challenge - starts today. Find the full details [here](https://ldwa.org.uk/website/downloads/Text_for_Aug_Challenge_Challenge_Event_entry_on_website.pdf)and good luck  to everyone who enters. I'll be going for gold!Enjoy your August walking,Jackie  |
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