

Wetherby & District U3A

WALKING WITH LUNCH GROUP - 1

Updated: 1st January 2025

This Group is currently Full

Structure and Aims of the Group

Each walk will usually be between 3 and 4 miles, lasting approximately 2 hours – location where possible being within a 10 miles radius of Wetherby.

A walk takes place on a monthly basis on the first Thursday of each month – meeting at 10.15am, usually in a Pub Car park, with the walk commencing at 10.30am. Every effort is made for the Pub to allow members to use their toilet facilities before the walk.

The emphasis all along has been to establish a friendly, sociable and informal group – walking together as a group, being a great way to stay motivated with everyone having the chance to make new friends and discover new places, in the Wetherby and surrounding areas.

The actual walks are always interesting and relatively easy – if possible with few stiles or steep inclines. Most of the time, we will be walking on bridle paths and footpaths.

At the end of each walk, we have lunch together at the pub where we have parked our cars.

In view of the high numbers involved for the lunch (averages between 25 and 30) pre-selection of the lunch from the menu circulated is always required. As there are now fewer staff available at the Pubs at lunch time, we must always all be patient if we don't get served straight away. This is the social part of the day and if you are in a rush to get away, then it may be best not to join the lunch and just do the walk.

Different members of the group organise/lead each monthly walk/lunch,

usually in pairs. Guidance and encouragement from the Group Leader, always being available. It can be great fun planning and practicing the route. All members are encouraged to help in organising a walk - at the end of the day, if there is no volunteer one month, there will be no walk. It is all about group involvement by members.

There is an annual fee/charge of £2.50p per member. This particularly is to cover stationery, printing, telephone, first aid kit costs and other items required for group activities. Any funds left over at the end of the year will be put towards the Annual / Xmas Lunch, which is held the first Thursday in December.

Communication of details regarding future Walks

The Group Leader will send an Email / letter to all active members of the group, approximately 3 weeks before each walk, to advise full details of the location, car parking, contact telephone numbers, timings etc. as well as the luncheon details.

Members then need to contact the Group Leader by Email, as soon as possible but certainly **within the timescale mentioned**, to advise if they will be attending the walk or not and also to indicate whether it would be their intention to have lunch afterwards. **It is important that members do not leave advising the Group/Walk leader to the last minute**; otherwise they run the risk of not being included. There is a lot of work involved in collating all the numbers and lunch information, with the Pub. It is actually a harder job, organising the lunch than the Walk!!

If a member has to cancel, they must advise Jeff, the Group Leader as soon as possible, if they have to cancel on the morning of the walk, then the member should advise Jeff the Group Leader by email to advise non attendance and contact the venue personally to cancel their meal. In the event that the meal has already been prepared by the Pub, then it could be they will charge for it and the member in question will then unfortunately have to bear the cost of this.

Other Matters

- **U3A does not provide Personal Accident Insurance – this is the responsibility of individual members.**
- **Members are responsible for managing their own health problems. It is advisable to advise the Group/walk leader, of any problems/ issues which could arise.** Whilst being sympathetic, we must not have a situation where one member is continually struggling at the back and slowing down the walk, as this can have a major effect on the timing for lunch and the other walkers generally.
Members should be able to walk a mile in 30 minutes.
- It would be appreciated if all walkers stay behind the Walk Leader, at all times. The Leader will set a suitable pace for the party. Before setting off, the Leader will get one of the group members to act as the back marker. For safety reasons, when appropriate, the walk leader and back marker should wear the yellow High Visibility Jackets which are available from the Group Leader. Both should be in possession of a whistle, for alert purposes.
- Members are responsible for their own transport, to the various starting points and voluntary car sharing amongst members is helpful, where possible. In this case appropriate travel costs should be shared in one way or another, i.e. you may wish to buy the driver a drink (non alcoholic of course)!
- **Appropriate footwear (i.e. walking boots) should always be worn.** The use of walking poles is strongly recommended, as is taking a bottle of water along with you.

If you would like to join this group [Click Here](#) and use the group's application form

- Anyone not “on line” for Emails and requires details of the walk, by mail, must provide the Group Leader with a supply of stamped addressed envelopes.
- **For safety reasons, dogs are not allowed on our walks!** There is a major risk to both members and dogs, especially on narrow paths and where there may be Cows with Calves or Bulls in a field.

Please contact the Group Leader - Jeff Britton - or click the link at the top of the page.