



In this issue:

- Droitwich to Malvern anybody?
- Daffodil Walk pictures
- **Out and About.**
Signs of Spring identified and described by Jan Meacham.
- **Notice Board.**
March attendance figures.
First quarter attendance figures.



**Don't forget! Rock - Pound the Bounds
Sunday 30th April**

A variety of walks around the Parish boundary of Rock in the beautiful Worcestershire countryside to support Midlands Air Ambulance Charity.

Choose from 26, 18, 13, 9, or 6 miles
Or a 3 mile treasure trail.



Fortis Living staff and tenants are teaming up with like-minded partners to mark Dementia Awareness Week 2017.

Between **Monday 15th to Saturday 27th May** they will be walking from Droitwich to the top of the Beacon in Malvern.

The route will connect generations as schoolchildren, older people and communities come together to share their memories about their local area and how things have changed over the years.

Along the way, they will be collecting memorabilia and drawings that capture life today, as well as messages of hope for posterity. This will fill a 10-year time capsule that will be buried for future generations to uncover.

If you want to play a part in the project call Paul Edwards on 01905 670270.

Do you have any old photos and stories of Worcestershire that can be used as part of Steps Together? Send them to stepstogether@fortisliving.com



Too much Easter Chocolate?

Through the Spring and summer months there are usually a good selection of alternative walks to take part in and enjoy.

Apart from the obvious gathering people together for a healthy time in the great outdoors, there is usually a fund raising element.

One of the offerings for May is described by this poster and the message below.



Hi All, please have a look at the attached poster,

Fortis are looking for people to walk sections of a route from Droitwich to Malvern in aid of Dementia Awareness Week.

Could you spread the word and contact Fortis Living if you'd like to get involved?

I think you can just use your normal walk and walk day as part of it so, please get in touch with Paul as it does sound an interesting idea, thanks.

*Lynn Yendell
Health Walks Officer
Worcestershire County Council*

CONTACT US www.fortisliving.com /Fortisliving @Fortisliving

Kempley Daffodil Walk

On Sunday March 19th, a small group from Stride & Stroll enjoyed the 7 mile guided walk from Kempley, Gloucester. We saw a glorious display around 'Daffodil Way' in Betty Daw's Wood & Dymock Wood. Today it is illegal to pick the wild daffodils but years ago they would have been sent to London Markets for selling.



Thanks to Sheila Moule for the notes and pictures.





**stride
and stroll**

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Out and About

Spring Migrant Birds



From April, some birds which migrated further south, to escape the British winter, will be returning to breed.

These spring migrants include the Cuckoo and three species of European Leaf Warbler; the Chiff- Chaff, Willow Warbler and Wood Warbler.

These Warblers have the Latin name, *Phylloscopus*, which translates to mean 'leaf looking'; a reference to their habit of searching leaves for insects and spiders.

CHIFF-CHAFF

Spends the winter in Southern Europe.

Males arrive first and sing their repetitive song, 'Chiff-Chaff, Chiff-Chaff', to claim their territory and to attract a female.

Preferring tall, mature woodland, listen for the unmistakable song, in the local woodlands, Wyre Forest, Shrawley Wood and Chaddesley Wood.



WILLOW WARBLER

Spends the winter in West Africa.

Males arrive first and their song is a cascading, trilling warble, rising and then fading away with a flourish.

Preferring open woodland and scrub.

Unusually this Warbler moults twice a year; after breeding and again in its winter quarters. This means the Willow Warbler migrates both to and from its winter quarters with new wing feathers.



WOOD WARBLER

Spends the winter in West and Central Africa.

Males arrive first and their song is a shivering trill, often accompanying a butterfly-like display flight.

Preferring mature woodland of oak and beech.

This is the largest of the European Leaf Warblers and the most brightly coloured.



THE CUCKOO

Spends the winter in tropical Africa.

Males arrive first and their song is the familiar 'Cuckoo, Cuckoo'.
The females song is a liquid, bubbling call.

The number of visiting Cuckoos in the UK has declined. They can be found in a range of habitats, preferring areas with cover and disliking dense forest, exposed places and built up areas.

Brood parasite; no nest is built, the female lays a single egg in the nest of a chosen host species. The commonest British host species are, Dunnock, Reed Warbler, Meadow Pipit and Pied Wagtail.

A female can deposit up to 20 eggs in one season, in different nests.

Adult Cuckoos start to leave Britain in mid-July; their young leave in August-September, having never seen their parents and without any parental guidance on their first migration.





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Out and About (continued)



THE CUCKOO

Edward Jenner [1749-1823], a doctor from Gloucestershire, is best known for his work on vaccination against smallpox.

Jenner also studied the Cuckoo and established that it was the young Cuckoo that evicted the host species eggs/young from the nest.

Edgar Chance [1881-1955], managed the family business in Oldbury, West Midlands.

In 1922, he and Oliver Pike made a film about the Cuckoo, which they shot on Pound Green Common.

In 2009, the BBC Natural World programme, narrated by Sir David Attenborough, told the story of the work of Edgar Chance on Pound Green Common.

Edgar even named his daughter Cardamine, after the Lady's Smock flower [Cardamine pratensis], which is also known as the 'Cuckoo flower'; since it flowers around the same time as the Cuckoo calls.



As you are out and about, look and listen for other Spring Migrant birds.

REDSTART

Spends the winter in Africa.

Prefers mature woodland; the nest is in a tree hole or nest box.

Males have a vivid, russet tail.



WHEATEAR

Spends the winter in Africa.

A bird of grassy, open places, often with rocky outcrops; the nest is a hole in the ground or a rock crevice. **Look out for Wheatears on the Clee Hill and Stiperstones.**

Conspicuous white rump, with a black 'T' mark on the tail. They have the habit, of flying just ahead of you, revealing their white rump.



NIGHTINGALE

Spends the winter in Africa.

A plain brown bird, preferring coppiced woodland/scrub with dense undergrowth.

Best located by its song, which is rich and varied; often regularly singing at night.



SPOTTED FLYCATCHER

Spends the winter in Africa.

Later arriving spring migrant—April-May.

Widespread in open woodland, parks, gardens and churchyards.

Look out for a sparrow sized bird, alert and upright on a chosen perch, flying out and back again, in an aerobatic way, after flying insects.





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Notice Board

March Attendances

Saturday walk date	Thursday numbers		March 2017					Saturday Totals	Weekly Totals
			A	AB	B	C	D		
04/03/17	36	Saturday	18	20	17	20	20	95	131
11/03/17	38	Saturday	12	27	22	21	19	101	139
18/03/17	34	Saturday	17	18	12	20	24	91	125
25/03/17	33	Saturday	15	14	18	19	26	92	125
	32							0	32
Totals	173		62	79	69	80	89	379	552
Average miles per person	0.5		6.5	4.5	4.5	4.0	3.0	Saturday Mileage	1656.0
Mileage per Group	86.5		403.0	355.5	310.5	320.0	267.0	Month's total Mileage	1742.5

First Quarter attendances.

It's hard to believe that the first quarter of 2017 has gone and we are now able to look forward to the spring and summer months. Hopefully we can look forward to more settled and warmer weather.

A quick look at attendance figures reveal a couple of surprises. The first is the consistency of the monthly attendances at Saturday walks; with a maximum attendance of 380 in January and a minimum of 376 in March. The second is the repeatedly high attendances at the Thursday short walks. Despite three poor attendance days in January and February the average over 13 weeks is still a creditable 33 and the maximum so far this year is 43!

Probably the most important number is in the bottom right hand corner of the table below. Over the 3 month period a total of 1564 individual walks took place thanks to the activities of Stride and Stroll. Well done everyone!

	A	AB	B	C	D	Thursday	Saturday Totals	Weekly Totals
January 2017	78	95	60	87	60	135	380	515
February 2017	67	84	72	83	70	121	376	497
March 2017	62	79	69	80	89	173	379	552
Sum Totals	207	258	201	250	219	429	1135	1564