



In this issue:

- **Shape up in Wyre Forest.**
A 12 week course for currently inactive people.
- **Alan Humphries Birmingham Velo.**
Marion Phillips tells us about Alan's plans for a 100 mile fundraising bike ride.
- **Out and About.**
Signs of Spring identified and described by Jan Meacham
- **Notice Board.**
February attendance figures.
A reminder of upcoming events.

Quiz Night with Fish (or Chicken) and Chip Supper

Tuesday, 25 April 2017 from 19:00 – 22:30

St. George's Hall, Bewdley
Licenced Bar

See your walk leader for ticket details



Shape Up in Wyre Forest

FREE 12 week programme to help people feel better and look good

There is a **FREE** 12 week programme for people who live in the Wyre Forest who want to shape up, feel good and get active.

The course is unlikely to be available to our active walkers but may be suitable for friends who would like to become more active and maybe join up with Stride and Stroll in the future.

The course is aimed at people who are currently physically inactive. So they do 1 or less hours of physical activity (e.g. aerobics or cycling) a week. The session lasts 2 hours and 50% of the time is around activities linked with diet, healthy options etc and 50% will be low intensity physical activity. As long as you live in Worcestershire and are physically inactive then you meet the criteria.

Over 12 weeks, participants will be encouraged to make healthy lifestyle choices relating to food they eat, the amount they eat and finding out what is in the foods they buy and looking at how they can balance their diet. They will also be able to try new activities at the leisure centre which the group will choose. These could include gentle aerobics, aqua classes, cycling, circuits and many more.

The programmes will be run by the Living Well Service starting in **March 2017** at the Wyre Forest Leisure Centre.

If you want **more information or to book a place on the programme**, please contact Living Well on 01905 675850 or email livingwellhub@independencetrust.co.uk quoting 'Shape Up Wyre Forest'.

SHAPE UP
Feel good
Look good
Get active

FREE 12 week programme
that includes weekly sessions about increasing your activity levels and healthy eating.

Starting March 2017 at Wyre Forest Leisure Centre

How to get involved
For more information or to register, contact the Living Well Service on
01905 675850
livingwellhub@independencetrust.co.uk
Quote 'Shape Up Wyre Forest'
Or visit the website
www.sportspartnershipwv.co.uk/shape-up

SHAPE UP
Feel good • Look good • Get active

FREE 12 week programme
that includes weekly sessions about increasing your activity levels and healthy eating.

Starting March 2017 at Wyre Forest Leisure Centre

How to get involved
For more information or to register, contact the Living Well Service on
01905 675850
livingwellhub@independencetrust.co.uk
Quote 'Shape Up Wyre Forest'
Or visit the website
www.sportspartnershipwv.co.uk/shape-up





**stride
and
stroll**

Affiliated to HF Holidays



There are 9 million bicycles in Beijing



Alan Humphries will be riding 1, starting from Birmingham !

Alan Humphries is taking part in Velo Birmingham on 24th September 2017 to raise funds for Alzheimer's Society.

He will be cycling a 100 mile route from Birmingham through Hereford and Worcestershire via his home town, Bewdley.

Alan's friend had been married for only two years when he was diagnosed with Alzheimer's. Aged just sixty, Alan had to retire early and revise all his future plans with his wife and family.

Alan used to run marathons and has twice cycled from Land's End to John O'Groats. However, he was then a young man.

Our successor to Sir Bradley Wiggins will be 67 in August, has two artificial knees and a reconstructed shoulder.

This ride will prove a challenge.

Alan would welcome our encouragement.



Information about the event and where you can see the riders pass near where you live may be found at: www.velobirmingham.com

Our fellow walkers might inspire Alan by:

- Reminding him that he is still in his Prime.
- Suggesting remedies for sore muscles and a quick fix for a flat tyre.
- Justifying our mendacity by offering our admirable, athletic and aching Alan a donation or sponsorship!

Alan has given consent for this information about his endeavour being circulated to his fellow walkers.

Sponsorship and Raffle

Sponsorship may be done online by going to: www.justgiving.com and searching for **Alan Humphries Velo 100**.

There will be a **Stride and Stroll raffle** to raise funds in support of Alan's efforts. The raffle has been organised by Graham Little and tickets will be made available via our walk leaders.

At the time of writing the list of raffle prizes available includes:

- Afternoon tea for two at the **STONE MANOR HOTEL**
- Afternoon tea for two at the **STOURPORT MANOR HOTEL**
- Afternoon tea for two at the **WINDLASS CAFÉ**
- Four tickets to the **WEST MIDLANDS SAFARI PARK**
- 18 hole game of Golf for four at **KIDDERMINSTER GOLF CLUB**
- 9 Hole play lesson with Golf pro **NOEL WOODMAN AT KIDDERMINSTER GOLF CLUB**
- Two adult tickets for a day out on the **SEVERN VALLEY RAILWAY**

This raffle is registered with Wyre Forest District Council

Registration number 17/01174/LOTLIC

Promoter Graham Little c/o Kidderminster Stride and Stroll

The Draw will take place at St Georges Hall during quiz night on 25th April 2017.

ALL TICKETS £1 EACH

If you wish to contribute an article for inclusion in the Newsletter then please email:- Strideandstroll2015@mybtinternet.com



**stride
stroll**
pure

Affiliated to HF Holidays



Out and About



Signs of Spring

March 20th 2017 is the Spring [Vernal] Equinox in the Northern Hemisphere; when day and night are almost of equal duration. Traditionally the Spring Equinox, marks the start of spring and signs of spring can be seen in the natural world, from March onwards.

EARLY SPRING FLOWERS

WOOD ANEMONE [WINDFLOWER]

Member of the Buttercup family, flowering in woodlands, before the trees have their leaves.

An indicator of ancient woodland, since they spread slowly from rhizomes [underground stems], rather than seeds.

The slightest breeze causes the plant to move [Windflower] and the musky smell of the leaves, gives rise to the alternative name of 'Smell Fox'.

The sap can cause a skin rash and blistering; the presence of Protoanemonin, makes the whole plant toxic.

Visit the Worcestershire Wildlife Trust, Tiddesley Wood, 0.5 miles west of Pershore, Worcs. on Besford Rd. WR10 2AD or Shrawley Wood, at Shrawley, Worcs. DY13 0RY, to see flowering Wood Anemones.



WILD DAFFODIL [LENT LILY]

Shorter than cultivated Daffodils, with six pale yellow petals, surrounding a dark yellow trumpet. Narrow grey-green leaves.

The presence of Lycorine in the sap and bulbs, makes the whole plant toxic.

Kempley and Dymock Daffodil Weekend—18th-19th March 2017; this area of Gloucestershire is famous for its wild daffodils. Teas and Guided walks [bring a packed lunch], from 10.45am [4 miles] and 11.00am [6-7 miles].

Kempley village is approximately 5 miles from Newent and 8 miles from Ledbury GL18 2BP Grid Ref: SO672293



WILD PRIMROSE [FIRST ROSE]

From the Latin *Prima rosa*, meaning First Rose, although the Primrose does not belong to the Rose family.

The pale yellow flowers are either 'Pin Eyed' - female stigmas visible or 'Thrum Eyed' - male stamens visible; this is designed to prevent self-pollination.

Primrose Day is April 19th and commemorates the death of the British Prime Minister, Benjamin Disraeli on this day in 1881; the Primrose was his favourite flower.

Enjoy wild Primroses in open woodland, hedgerows, grassy banks and churchyards.





**stride
stroll**
pure

Affiliated to HF Holidays



Out and About (continued)



NATIVE BRITISH AMPHIBIANS

After spending the winter in a dormant state, our amphibians become active again as spring arrives.

COMMON FROG

Long back legs designed for jumping and hopping.
Smooth, moist skin.

The smaller males, during the spring breeding season, have hard pads [nuptial pads] on their front legs, to grasp the larger female in a tight embrace [amplexus].

Clumps of gelatinous eggs [frog spawn] are laid in still water; many ponds have a history of being used every year, with processions of frogs making their way to the pond. Tadpoles emerge from the eggs, completing their development in water.



COMMON TOAD

Short-legged designed for walking and crawling.
Dry, warty skin.

Breeding is similar to the Common Frog; their gelatinous eggs are laid in long, double strings.



NATTERJACK TOAD

Smaller than the Common Toad, with short legs designed for hopping.

Dry, warty skin with a yellow line down the middle of the back

Males have a loud mating call; the name 'Natterjack' means 'chattering toad'.

Long, strings of eggs are laid in warm, shallow pools.

Confined to mainly isolated, coastal areas of Britain; sand dunes and heathland. The only toad native to Ireland.

COMMON [SMOOTH] NEWT

Smooth skin, with a yellow-orange belly marked with dark spots.

Pale, spotted throat; the feet are not webbed.

Males develop a wavy crest during the breeding season.

Males have an elaborate courtship display in water, depositing a sperm packet for the female to pick up. The eggs are internally fertilized; the female sticking each egg to the underside of an aquatic plant.

Dark tadpoles emerge from the eggs, to complete their development in water.



PALMATE NEWT

Smooth skin, with a yellow-orange belly marked with dark spots.

Pale, unspotted throat.

Males develop webbed hind feet during the breeding season and the tail ends in a thin filament.

Breeding is similar to the Common Newt.



GREAT CRESTED NEWT

Largest of the British Newts, the only one with a warty skin.

Orange belly with large, black spots.

Males develop a jagged crest, indented at the base of the tail, during the breeding season.

Feet are large but not webbed. Breeding is similar to the other British Newts.



THIS NEWT IS PROTECTED UNDER SCHEDULE 5 OF THE WILDLIFE AND COUNTRYSIDE ACT, 1981. THE ANIMAL AND ITS HABITAT MUST NOT BE DISTURBED.



stride stroll
pure

Affiliated to HF Holidays



Notice Board

February Attendances

Saturday walk date	Thursday numbers		February 2017					Saturday Totals	Weekly Totals
			A	AB	B	C	D		
04/02/17	23	Saturday	23	24	20	17	20	104	127
11/02/17	25	Saturday	17	19	10	19	8	73	98
18/02/17	38	Saturday	15	23	18	20	23	99	137
25/02/17	0	Saturday	12	18	24	27	19	100	100
								0	0
Totals	86		67	84	72	83	70	376	462
Average miles per person	0.5		7.0	4.5	4.5	4.0	3.0	Saturday Mileage	1713.0
Mileage per Group	43.0		469.0	378.0	324.0	332.0	210.0	Month's total Mileage	1756.0



Happening soon!



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 a route to suit your day.

- Marathon – 26 miles taking in the Wyre Forest.
- 18 miles taking in the Wyre Forest.
- Half Marathon (13 miles) or 9 miles. ?One third Marathon?
- Independent and guided 6 miles.
- Treasure Trail 3 miles.

For more details visit the website poundthebounds.com



Rock Pound The Bounds was first held in 2000 and more walkers join in every year.

These walks will take you through some fabulous terrain including woodland, pasture, riverside and meadow and at this time of year the countryside is at its most beautiful with bluebells and other spring flowers at their best.