



HOW CAN YOU HELP?

Disabled Ramblers is a relatively small charity that we think punches above its' weight when it comes to achievement. However, this success is due to the work of a small team of members which has reached its' capacity and we need your help to expand DR's activities and influence.

The introduction of regional activities is proving very popular and The Committee would like to develop this aspect in order to provide more rambles, have greater involvement in local access issues and to attract more members. Whilst we would welcome more Regional Representatives, it is important to emphasise that anyone can make a meaningful contribution without this commitment. Equally, you don't have to be a Regional Rep to help to run a ramble or publicise Disabled Ramblers.

There will be an open session after the AGM on 11th April 2015 to canvas views and suggestions on how best to increase member involvement. Not everyone wants to or is able to be a Regional Rep or run rambles but there are many ways that you can contribute on a limited or one-off basis. To set you thinking, here are a few ideas:

Attract more members:

Ask to put notices and leaflets in mobility shops, hospital clinics and similar locations

Carry some leaflets in the car and pass them to anyone who might be interested

Tell the committee of organisations to whom we might give a presentation, e.g. U3A

Help us improve access in your area:

Keep your eyes open for local projects such as tourist attractions where we might have an input and tell the Committee - e.g. information boards and a new trail round a historic site

Join your Local Access Forum

Regional rambles:

Suggest a possible route or area worth exploring to the Committee

Help someone reccie a ramble and learn what to look for by just being there (safety in numbers!)

Find out contact details for local authorities, utilities or landowners where we might hold rambles

YOU ARE NOT ALONE! - Any committee member will pass on ideas or suggestions and organise support for you. Supplies of leaflets can be obtained by emailing

editor@disabledramblers.co.uk or telephoning 01768 88708. If you cannot come to the meeting make your ideas known to Committee.