



# The Disabled Rambler

The Newsletter of the  
Disabled Ramblers

A charitable company:

Registered Charity No. 1103508

[www.disabledramblers.co.uk](http://www.disabledramblers.co.uk)  
Spring 2016



Hello Everyone,

As your new editor I thought I should introduce myself. My name is Judy Cunningham and my husband Bernard and I joined the Disabled Ramblers last year following an article in the Caravan Club Magazine. We have been on 2 or 3 rambles to see what was involved in becoming a volunteer. Since retiring we have become keen walkers and we did at one time belong to a local hiking club. We have one son Andrew, daughter-in-law Claire and 3 granddaughters. I was at one time newsletter editor for eight years to Warwickshire Trefoil Guild—Trefoil Guild is part of Girl Guiding movement and is for adults (men as well as women) from the age of 18 upwards. I have so far met with only a few of you but I look forward to meeting many more at the AGM and over the next few months.

Judy

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Disabled Ramblers 2015 AGM at Kingsbury —  
Outdoor Education Centre



HI EVERYONE. I have been asked to write of my experiences in DISABLED RAMBLERS.

As some of us are not as mobile as we would like to be for one reason or another, my wife, Lesley and I feel we (the Disabled Ramblers) are a wonderful family of friends which give each other inspiration to enjoy our countryside and have the freedom to explore.

I must say that this would not be possible without the extensive time, effort, and thought given by the members of the committee, those who move the necessary equipment about and those who do lots of unseen work.

The first time I ever saw a Trampler was when Lesley and I were at a motor home show at the N.E.C. quietly sitting having a break and a sandwich, as you do, when this lady driving this fantastic machine escorted by her husband covered in mud with a rope strapped on the front (the machine not the husband), stopped next to us to have their sandwiches. I must say at this point in a past life I used to do Land Rover trials (i. e. PLAY IN THE MUD) my thoughts were "I could really play with one of those".

Me being quiet and shy with enough torque as the afore said husband once told me, I immediately pounced upon them I needed to know all about this machine, THE TRAMPER, DISABLED RAMBLERS, THE RAMBLES, THE FRIENDSHIPS, THE rain AND THE MUD

THANK YOU LIZ AND JOHN IF WE HAD NOT MET YOU THAT DAY WE WOULD HAVE MISSED SO MUCH.

The first ramble I attended was two months later on Cannock Chase. I was introduced to a beautiful red Trampler, given instruction on the controls and SWITCH OFF WHEN STOPPED, that bit is hard to remember but you soon learn of its importance! Nearing the end of the ramble I was talking to the membership secretary lady JAN (I did not know her name at that time) and quietly told her that she might have a bit of a problem with me at the end of the ramble, the mind boggles she leaned over to me quietly and sympathetically asked what might the problem be, I paused and said with a smile on my face I might have a bit of a tantrum when I have to give the Trampler back. THAT WAS IT, I WAS HOOKED within two months I had my own British racing green Trampler, but that is another story.

VIC PRINCE.

## Some of the photographs from Rambles in 2015

### Malvern, Worcestershire



# Photographs from Rambles in 2015



Snowshill to Lavington



Poundhead Bluebell Ramble, New Forest



Stacks Rocks to St Govan's Head



Legacy—Does anyone know N. Batten?  
This gentleman sadly died in 2014, he has left us some money and we would like to honour him for thinking of us. He does not appear on any membership lists. All we know is he was from Surrey.

Here are some of the Frequently Asked Questions that the Disabled Ramblers have received:

Q. If I book can I get a refund?

A. Yes. Ask 'Bookings' for a refund. If you don't your payment will be kept as a credit towards another event. If at the end of the season you have not used the fee, it can be refunded or donated to the Disabled Ramblers. These donations help to fund the events and the loan scooters.

Q. Can I bring a friend?

A. The more the merrier. Walkers come free, riders pay a £5 ramble fee.

Q. Can you help me get out of my car?

A. We rely on volunteers. Although some are able bodied, we cannot guarantee there will be a suitable person on hand to help. We will bring a loan scooter to your car but you do need to be able to transfer by yourself.

Q. Can you find me accommodation?

A. No - we do not book accommodation - people's needs vary too much. We will help with searches and locations and we can put members in touch with each other who are looking to share self-catering accommodation. Contact our Accommodation Officer, Shirley Keeble, about sharing: [los\\_shirl@yahoo.co.uk](mailto:los_shirl@yahoo.co.uk)

Q. Recommend a scooter?

A. As user capability is a major factor we can only give suggestions and general recommendations. Come along to a ramble and ask the users or contact John Cuthbertson: [rambles@disabledramblers.co.uk](mailto:rambles@disabledramblers.co.uk)



John Cuthbertson ramble finding at Pen Y Fan, Brecon Beacons in the snow.

## Roddlesworth Reservoir

-  
Eileen Tomlinson

At last we have managed to get out! It was wet and muddy under foot (wheel) but the sun shone above us. Thanks to the Rangers working on the paths in Roddlesworth Woods we were able to do the circuit of the reservoir. Unfortunately the footpath on Bolton Road has still not been cleared of the grass and sods that have over grown the tarmac - it tends to tip you into the road. Great to get out, enjoy the fresh air and a cuppa at Vaughn's cafe when we got back. —at [Roddlesworth Reservoir](#)



## Newborough Forest - Susan Rendell

A taster for those doing the Newborough Forest trip in September (not sure whether this stretch is actually part of the route). Hope the weather matches up to today. —at [Llanddwyn Beach](#)



## Obituary

Jane Brittain passed away on 24th March 2016.

She was a practising Solicitor when in August 1984 she was knocked off her bike and confined to a wheelchair for the rest of her life. It didn't stop her doing many things including travelling around the world including trips to Japan, South Africa, Russia and America.

She achieved a unique double. She has been to every Racecourse in Britain and seen every Shakespeare play live. Perhaps her greatest love was walking her dogs usually in Sutton Park but also on most of the accessible trails in Britain.

Annual holidays in York and Norfolk meant that she could explore those areas thoroughly and I was lucky enough to accompany her on all these trips.

Jane found The Disabled Ramblers several years ago and has been on many of the rambles when her busy schedule allowed.

She owned a great Myra power wheelchair and when she was ill in hospital asked me to donate her chair to The Disabled Ramblers in the event of her death. She wanted another member to have as much fun in her chair that she had.

Phil Jordan (Jane's partner)



## Obituaries



**David Cooper** With great sadness, we must tell you that David Cooper, a Disabled Rambler for many years, died at Sobell House Hospice, Oxford on Monday 22 February 2016. David bravely decided not to consent to an operation that would have worsened his disability. In one last effort to help others with MS, David donated his body to the Neuro Research Team at Oxford University.



**Eric Hindmarsh** Sad news of Eric's death on the 12th March, he came on several Southern regional rambles and really loved coming into the New Forest with his beautiful dog, Ben. He was a very laid back, cheerful and friendly person and a pleasure to have around, he had hoped to join us again this year and his company and friendship will be very much missed. Kind thoughts, Eric... Val and Bob.

### MARY GRANT....A tribute by Bob McLellan

Those who knew Mary will be saddened by the news of her passing, and I would like to give this tribute to the Mary who I knew for nearly 30 years.

Mary came to the UK when she was 17 from the St Mary's district of Jamaica. She then did her Nurse's training and went on to have a very successful career in many of the major hospitals in London, and also in the United States where she lived for a period of time in her younger days. Mary married and had two dearly loved children, Maria-Elena and Gershwin and she continued her Nursing career as they grew up. I got to know her through my own career involving adapting schools to cater for the needs of the disabled in the East London area and Mary came to discuss certain ideas through a disabled network she belonged to. From this meeting she became a firm family friend to myself and my wife and was a huge support to me when I lost my wife in 2001.



On a visit to the Motor Museum at Beaulieu she was persuaded to try a scooter to get around and that was the start of her interest in scootering in general. In 2007 she saw an advert in Transport for London for Disabled Rambler's, contacted the number given and spoke to Rosie Norris. I managed to get her scooter in my car and she and I then attended a ramble that took us along the Thames Path and from that ramble met such stalwarts, in particular, as Tony & Dorothy, Rosie & John, Jim & Dorothy, Keith & Brenda, and many others. Through the years they remained friends and were also a huge support to her during the last two years when she was getting gradually more ill, this meant a great deal to her and her family. Everybody was so welcoming and she really enjoyed the rambles.

When Mary felt the time was right she decided to join her family in New York to spend her remaining days with them. Her daughter has been amazing and came back and forth across the Atlantic over the last 18 months quite regularly to give her Mum the care and love she deserved. They even went on a cruise to the Bahamas last year for a week or so which Mary loved. To sum up, Mary was a very much loved and faithful friend to many and her vibrant personality and company will be sadly missed. Mary's wish was that her ashes are brought back to Britain to be scattered here and Maria-Elena will be bringing Mary home in the near future to have her last wish granted. I valued her friendship hugely and will remember her very fondly and all the fun we had over the years.

## DR on BBC Farming Today

Our Chairman, Arthur Lee was interviewed by the BBC for 'Farming Today This Week'.

You can hear it at:

<http://www.bbc.co.uk/programmes/b072zjpc>

12/3/2016



Arthur, Jo and Barry on Broad Down, Malvern Hills



Eileen and Alison at Southport. This is just after our dog's ball bounced on top of Eileen's head. Bright and clear, but bitterly cold, I just had a quick squint at interesting birds on the marine lake and noted avocets are present in the Marsh road RSPB lake just behind the prom. The tide was up, the sea right under the pier. Interesting plants and foreshore. Thanks for making us welcome Eileen, and showing me 'Memory Map' and—what's the other tracking App? (ViewRanger.com—Editor)  
Alison Silverwood

Track to Hull pot from Horton in Ribblesdale. Very stony but Tramperable. We ran out of time so only got about a third of the way (roll on summer). No mobile signal but 3G all the way (to summon rescue). Café, pub and toilets in the village. Alison Silverwood—Disabled Ramblers



## CURRENT LOCAL CONTACTS

Name	email	Home county	Runs local rambles
John Cuthbertson	rambles@disabledramblers.co.uk	Local Contact Co-ordinator & Worcestershire contact	Yes
Gavin Caspersz	gavincaspersz@glasswa.com	Buckinghamshire	Yes
Maria Davies	marialynnette@yahoo.co.uk	Staffordshire	
Tony Dickens	tony.dickens@waitrose.com	Norfolk	
Marion Heaton	mheaton3@aol.com	Derbyshire	
Shirley Keeble	los_shirl@yahoo.co.uk	Essex	Yes
Stuart Kemp	stuartkemp.email@googlemail.com	Bedfordshire	
Mary Knight	mary.knight@btinternet.com	Bristol	
Arthur Lee	arthurlee@sky.com	Herefordshire	Yes
Ron Lyon	disabledramblersC@btinternet.com	Cumbria	Yes
Andrew Mallory	riverside1@riverside1.karoo.co.uk	East Yorkshire	
Bob McLellan	rlm_mc@hotmail.com	Sussex	Yes
Victor Prince	victorprince.2927@yahoo.co.uk	Cleveland	Yes
Val Rawlings	valerie@rawlings-family.org.uk	Hampshire	Yes
Eileen Scannell	eileen.scannell@btinternet.com	Warwickshire	Yes
Alison Silverwood	a.silverwood@tiscali.co.uk	Pennines	
Terry Taylor	thatterrytaylor@yahoo.co.uk	Snowdonia	Yes
Eileen Tomlinson	treasurer@disabledramblers.co.uk	Lancashire	Yes
Jill & Hugh Williamson	jillwilliamson@waitrose.com	Northumberland	Yes

## EXECUTIVE COMMITTEE AND OFFICERS



Arthur Lee  
Chairman



John  
Cuthbertson  
Vice-Chairman  
Web Officer,  
Rambles  
Organiser,  
Regional Reps  
Co-ordinator



Eileen Tomlinson  
Treasurer



Liz Cuthbertson  
Minutes Secretary



Rhiannon Robinson  
Bookings Secretary



Jan Kemp  
Membership  
Secretary



Robin Helby  
Technical  
Advisor



Paul Stanton  
Committee  
Member



Judy Cunningham  
Newsletter Editor