

Walk & Whine – A new women only walking group a great success

Cllr Jayne Davies has set up the walk and whine group, recently and it already has 272 members (at the time of writing in early May).

In her own words (as posted on Facebook).

I am a big believer that exercise should be free and friends are your best therapists. No need for fancy, expensive gear, no need to be super fit. We all need exercise and we all need to socialise.

Our NHS is in crisis and if we can help ourselves to stay a bit healthier in any small way it's beneficial for us all.

I have started a women only group of low impact walking, in order to exercise and be able to talk, vent, discuss, ask for help, sing, laugh and meet new likeminded folk.

Starts from the village hall at 10 am Sundays, 7pm Mondays, 7pm Wednesdays for a 5k walk around our beautiful village and have some time out from chores, kids, men, and the pressure "to do"!

Just have some "me time"

- Come along whenever you can.
- Drop in and drop out.
- No commitment required.
- No costs, no fancy gear required (big pants advised though)
- Meet new people, get some fresh air and exercise.
- Whine (and wine) when the weather improves! Beer gardens beckon!
- But only at the end!!!

This has clearly struck a nerve and answered a need, great to see a new community-based group take off.



Path to nowhere!

I've written before about the frustrations of being a Councillor, as we don't have the powers many people assume we have. However, once in a while you get a little victory and you feel you've made a positive difference. Such an example is getting the infamous "path to nowhere" cleaned up. For those who didn't know it was there, it is a cycle path built over 20 years ago, behind Foss Road, but never completed, as it ends before it links to Egginton Road and at the other end the Green Way (near the Mease).

It had got overgrown, had fly tipped rubbish and was a mess, following contact St Modwen's (who still own it) they agreed to catch up on 20 years of maintenance and look at this before and after pictures! My thanks to Paul from St. Modwen's for his help with getting this sorted, I think his team have done a great job and at no cost to local residents.



OWL Homes complete tree and shrub planting at Astley Gardens

In another example of being able to work with developers to get them to fulfil their obligations, we've been able to get the landscaping works at Astley Gardens complete, following a number of contacts. Many new trees and shrubs have appeared opposite the Greenway and it looks better already and will improve when they grow.



Contact us

Myself and Jayne would like to have your views, either email us

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or come along to our drop-in sessions at the Don Amott Café, on the last Thursday of each month 1:30pm to 3:00pm.