



*Countryside Access and Walking*

# VALEWAYS

*Cerdded yng nghefn gwlad*



October 2022

## The Arrival of Autumn

Today we headed off for our regular Cowbridge Coffee Shop Stroll. We were quickly observing the signs of autumn, spotting turning and falling leaves, a squirrel carrying a hazelnut in its mouth, lots of red berries and a spectacular Acer turning a golden orange. I know this sounds lovely but this walk took place on 17<sup>th</sup> August! Rather worrying, however we did spot a yucca plant about to produce some flowers, so we will monitor their progress. We also found a tiny bird's nest on a pavement, believed to have been the home of a wren family.

## More Autumn Walks

The Valeways walk programme for October to December again offers great variety. The programme kicks off with an Autumn Trees walk, followed by various excursions inland and to the coast. October comes to an end with Dave's Halloween walk.

During November walk themes include water ways, stations, a quarry and a lighthouse, whilst December starts the Christmas celebrations with lights, holly, and Christmas Trees. The programme even ventures into 2023 with the offer of a New Year Day walk to blow the cobwebs, and calories, away.

We do hope you enjoy the programme, and don't forget, if you would like to learn more about walk leading, and perhaps train as a walk leader, you will be made most welcome and given lots of support and encouragement. Just talk to a walk leader or trustee for more information.

## Vale of Glamorgan Walking Festival 6<sup>th</sup> – 11<sup>th</sup> September 2022

This year's Walking Festival was a great success. Despite the rather gloomy weather forecast, most walks avoided the showers and few were deterred. Each walk offered such variety that we attracted many new walkers over the festival, with over 350 participants over the six days. Many thanks to all the walk leaders, back markers, photographers, social media users, walk and clear volunteers, plus all the walkers for ensuring we all enjoyed one of the friendliest walking festivals ever.

The walks took place across the county, covering all points of the compass

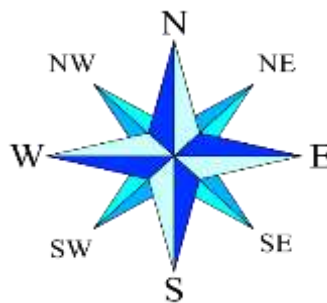
Northwards to  
Penllyn



East to Penarth  
with the Joseph  
Parry walk.



Venturing just into  
Bridgend to the  
Merthyr Mawr bank  
of the River  
Ogmore.



South to the  
coast at  
Ogmore.

The Walking Festival steering group were so excited about the positive response this year that they have already planned the dates for the 2023 festival:

**Tuesday 5<sup>th</sup> to Sunday 10<sup>th</sup> September 2023**

There are only three of us, Alan, Paul, and Rebecca, putting the festival together at the moment so we welcome your help with the run up to the 2023 event. If you feel you can assist in any way please have a chat with one of us, especially if you have any of the following skills:

- ✓ Creation of social media posts.
- ✓ Public relations.
- ✓ Website editing,

You will receive a warm welcome.

### **Show Time**

Valeways volunteers manned stalls at two shows this summer, the Vale of Glamorgan Show and the Romilly Park Dog Show. Both events were sunny and dry and we spoke to lots of visitors. Leaflets flew off the stands and we collected email addresses from visitors who were keen to receive the Valeways walk programme and newsletter. If you are one of those you will receive a very warm and friendly welcome when you join us. Indeed some of you already have and keep coming back.



## **Valways AGM**

Please join us for this year's AGM to be held on Friday 4<sup>th</sup> November at 2.30 pm. The get together will be in one of the larger meeting rooms at Community Enterprise Centre, Skomer Road, Barry. There will be reports from the Chair of the Board of Trustees and the Treasurer, and it is a chance to ask questions about Valeways and its activities.

...and finally.....

## **Volunteers sought as Walking Buddies**

Valeways rarely promotes other groups or charities but we felt this one might be of interest to some of our gallant volunteers.

As a Gig Buddy you can use you love of music, the arts, sports, culture, nature, outdoor activities and fun to help someone else in your community to socialise and enjoy new experiences... like being a hiking buddy!

People with a Learning Disability often need support to help them live the life they want to live. But what do you do when your support isn't available, or- even worse!- doesn't share the same interests as you?

At Gig Buddies Cymru we match people with a learning disability and/or Autism with volunteers who share the same interests to build a friendship...

A few of your hours every month could change someone's life. Ask us how you can become a buddy! Email- [gigbuddies@ldw.org.uk](mailto:gigbuddies@ldw.org.uk) Phone- 02920681160

Web- [www.ffrindiaugigiau.org.uk](http://www.ffrindiaugigiau.org.uk)