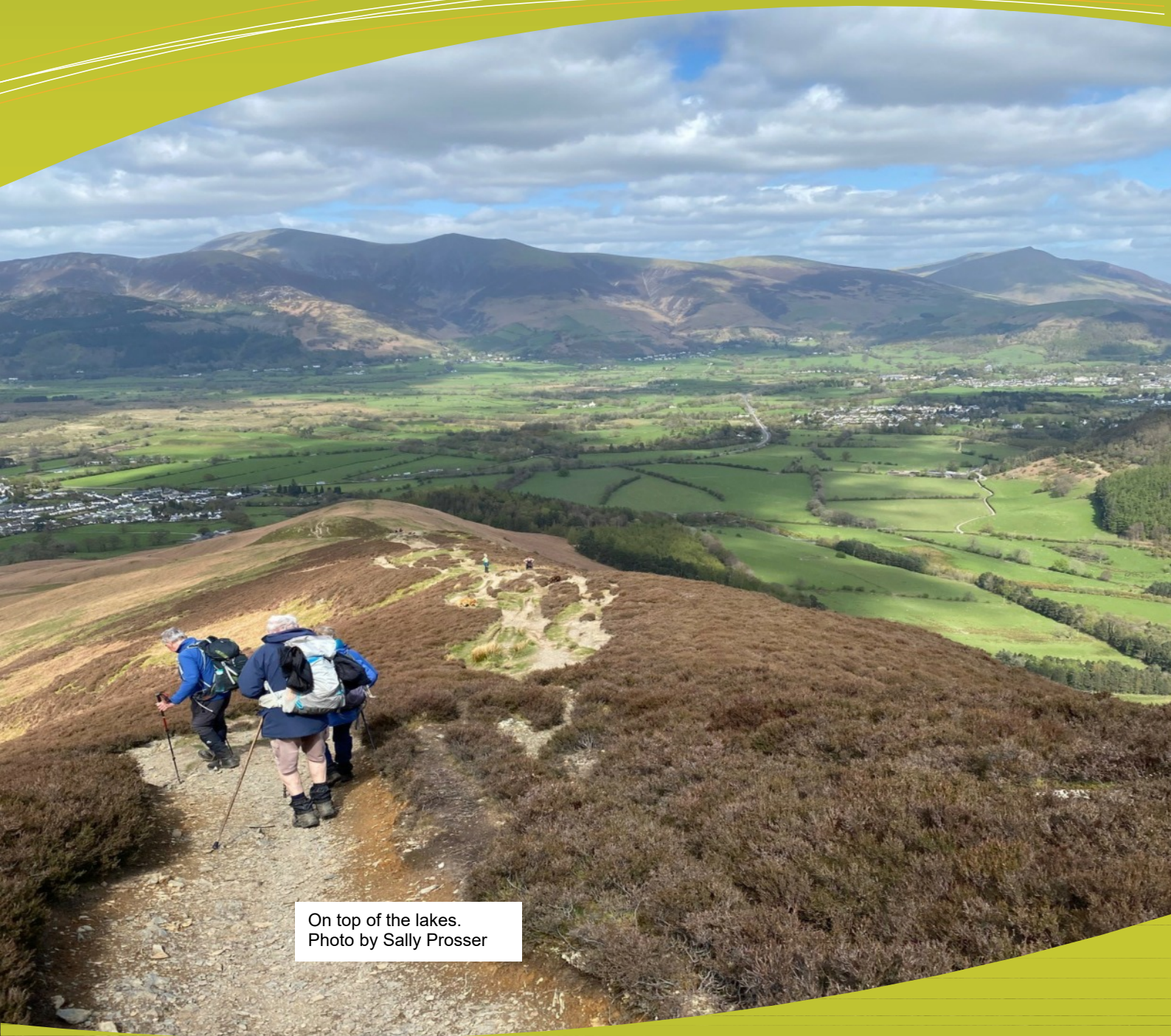




Newsletter

No 30

Summer 2024



On top of the lakes.
Photo by Sally Prosser

www.tavistockramblers.org.uk

Message from the Chair

I hope that you are enjoying the (slightly) better weather and are able to get out and enjoy walking in our beautiful landscapes.

Putting on our Tavistock Ramblers walks programme is only possible because of our volunteers, in particular our dedicated walk leaders and our walks team. However there are many other volunteer roles that enable Tavistock Ramblers to operate. There are those who manage our web site and publish walks. Those who keep in contact with our members or look after our finances and those who undertake the inevitable admin tasks.

But Ramblers is more than just putting on walks it is also about protecting the places we love to roam and opening the way for everyone to enjoy walking. We have a Footpaths Officer whose job it is to ensure rights of way are kept open or where they are blocked to put pressure on others to get them opened up.

You will have read in 'Walk', the latest Ramblers magazine, an article on volunteers. In the context of declining volunteering nationally it is encouraging to read how volunteers are putting their skills to use in a variety of ways. Elsewhere in this newsletter you will read that we are looking for more volunteers to help with some practical tasks. So if you think you can help do get in touch.

At national level I am pleased that the new Walks Guidance has finally been issued and that Ramblers HQ did take note of a lot of the feedback and criticism of the draft. It is now only 8 pages long, it really builds on best practice and our walks leaders will already be doing most, if not all that it advises.

At Devon area level a working group is being set up to consider what functions, if any, could be carried out at area level. A couple of our members have offered to join the working group.

At local level, I hope that you have had the opportunity to make use of our new website, which makes checking out the walks programme a lot easier. There is also a lot of other useful information available and links to other websites, including to our Footpath Officer, David Simkins' own 'Walking in West Devon' website which has over 60 self-guided trails – no map reading skills required!

You can find David's site at: www.walkingwestdevon.co.uk

Paul Newdick



Walks Team News

We are thinking about the popular walk with a pub lunch afterwards which has been so well supported in the past. David Simkins, our Footpath Officer, at our recent committee meeting suggested that for a change it might be good to do a footpath walk, rather than a moorland walk, ending at a local pub for lunch.

If anyone has any queries or preferences for the location of this initiative please contact the Tavistock Ramblers Walks Team and we can use that feedback to decide on the best location for this.

He also reminded us all that he has many walks detailed on his web site which can now be accessed from the Tavistock Ramblers website as Jan D helpfully put a link on there for us all. www.tavistockramblers.org.uk

New Walk Leader Guidance from Ramblers Association

You will all be aware that we continue to try to encourage more members to become walk leaders and enable us to offer a good varied choice of walks for our group. We have welcomed a lot of new members to our group recently and several of them have expressed an interest in leading walks.

So, if that is you then do have a look at the Ramblers website where you will see a section called Walk Leadership. There is a whole getting started section which you can work through to help you decide if that is something

that you would be interested in. You can then work your way through the other sections to help you go through the necessary training modules. We plan to arrange a training day for new walk leaders, probably after the summer, and will send an email nearer the time inviting expressions of interest.

We are going to add links to all this information onto the Tavi Ramblers web site so that it will be easier to find out all this information. Please see link above in the first paragraph.

Dartmoor Way Project Some of you will be aware that as part of this initiative the Tavistock Ramblers need to carry out signage checks twice yearly for the Lydford to Tavistock and Princetown to Tavistock stretches of the Dartmoor Way. The Walks Team have these checks underway.

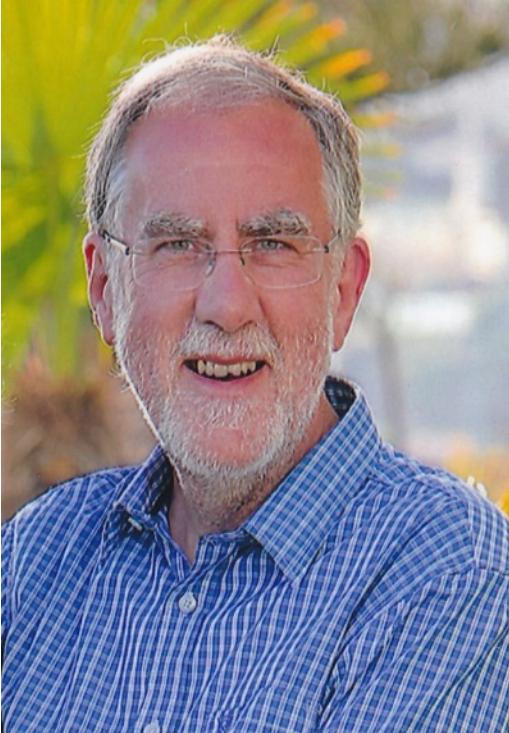
Let's not forget our footpaths in the thirty parishes which are within our Tavistock area. David has reminded us all that we should all be carrying out footpath checks and reporting any problems direct to him. Again, there is a link on our Tavistock website that links to his website which helpfully contains lots of walks along footpaths.

We look forward to seeing you all on upcoming walks.

If any members have any queries for the walk team please contact us on walksteam@tavistockramblers.org.uk

Ramblers Chat

In conversation with Paul Newdick, Chair of Tavistock Ramblers



How long have you been a member of the Tavistock Ramblers?

Just under 5 years.

What made you join?

I was previously a member of the Ramblers group in East Surrey before moving to Devon in 2019. I joined the Ramblers when I retired in 2015 as a way of getting fitter after years of 'driving a desk'.

When did you become the Chair of Tavistock Ramblers?

In autumn 2023 after an appeal went out for a new Chair. Having had experience of chairing meetings over many years I felt this was something I could offer to the group.

What is your ambition for Tavistock Ramblers as the Chair?

I am conscious that Tavistock Ramblers has had a number of challenges in recent years, including Covid restrictions and changes in the way some of our walk planning systems operate. I hope that, along with the Committee, I can build on the work of previous committee members and get the group functioning well, with a good number of walk leaders, leading a varied weekly programme of walks for different abilities.

Is there a typical ramble do you think?

Probably not. Retired folk, for obvious reasons, make up a large part of our membership, but there are many others who join our walks. I think the old image of a bobble hat, shorts and a canvas rucksack has long gone!

What is your advice to newer members in the group?

When undertaking walks, consider if, at some point you might be able to lead walks yourself. We are there to help you do this.

Do you lead walks and how did you start leading?

No I don't, being relatively new to the area, I don't know it as well as many others and I have not felt knowledgeable enough to do this.

What is your most memorable moment so far of being a ramble and why?

My first walk on Dartmoor, experiencing the wild landscape away from built up areas, somewhat different to my previous experience of walking the more gentle paths of Surrey where you are never far from a town or village.

In your opinion what is the most important piece of walking kit to have?

Firstly, a good pair of waterproof boots. In this area we are often walking on muddy or waterlogged ground or crossing streams, so as well as providing support on sometimes rocky terrain your feet are kept dry. If I was to choose a second piece of kit, it would be a flask of coffee!

Footpath Matters

Spring is here and rapidly moving into summer and already the leaves are on nearly all the trees. We are just waiting for the oaks to burst into life. Soon the under-used footpaths will start to become a bit overgrown, new hedge growth will reach out into the path and the dreaded bramble will crawl along ready to trip up the unwary walker. So, who has the responsibility for keeping the vegetation in check?

Well, as a member of the Ramblers you must all by now know that the surface of the path is the responsibility of the highway, but what about those annoying hedgerow branches which always seem to be protruding out at eye level. The hedge is not normally part of the highway and is more usually the responsibility of the landowner.

So, what happens if a protruding branch or bramble growing out of the hedge catches you unaware? In this instance, providing a fault can be shown, the owner of the hedge may well be liable for any damage to you. Falling short of maintaining an acceptable standard is perhaps the most common cause of personal injury claims. It's not all plain sailing to the court, the damaged person or claimant would need to show that the owner of the hedge owed them a duty of care and that resulting injuries would have been foreseeable by a more careful owner. Also don't delay in registering a claim as there is a three year time limit.

As I have already said, it is up to the Highway authority to keep the surface clear. Their statutory liability is imposed by virtue of the Highways Act 1980. However, it is also the duty of the landowner to allow a walker to safely pass on a footpath by repairing gates and stiles, clearing fallen trees and cutting back vegetation to allow safe passage. The HA 1980 does actually make it a criminal offence to obstruct a footpath and that includes allowing hedges to become so overgrown that passage is impossible. The minimum width of a path is set out in the Highways Act but I am not aware of any statutory height restrictions but Highway Authorities, I believe, generally regard the minimum height above a path to be 2.2 m.

OK, so the diligent landowner is out on his ladder with his electric hedge trimmer making short work of his unruly hedge but, oh dear, he has an electrical lead trailing across the footpath which you don't notice as it is partly covered in hedge trimmings and you trip up damaging your nose quite badly. What do you do?

Well, assuming the footpath and hedge are both in the same ownership you may well have a claim under The Occupiers Liability Act of 1957 which requires the property owner to take reasonable care for the safety of his visitors and that includes walkers on a footpath or, for that matter, a burglar. If you are that landowner you could mitigate any claim against you by having erected a "Danger Hedge Cutting in Progress" sign at either end of the highway.

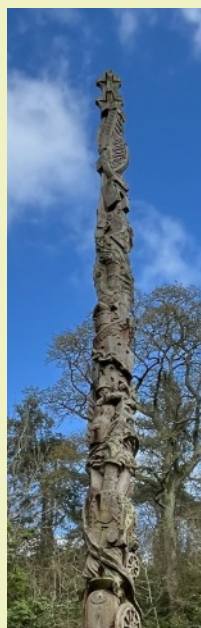
But what if it's not you that is damaged but your dog that has a large thorn in his paw caused by having to walk over a pile of hawthorn cuttings that you have left on the highway. Pets are regarded as personal property and as such on behalf of your dog you can claim financial loss such as the huge vet's bill. You would however have to show that you did your best not to allow your dog to be so injured in order for your claim to be successful.

When you go out walking our local paths and bridleways you only have a right to pass and repass you are not entitled to carry a chain saw or even loppers to cut that tree or branch that has been annoying you because what you are planning on chopping doesn't belong to you. However, having by chance a pair of secateurs in your bag and trimming back an unruly bramble would be regarded as quite acceptable.

Should you find an overgrown stile or a path that cannot be walked due to vegetation, and it has to be a bit more substantial than grass and cow parsley, then do let me know and I will take it up with Highway Authority on your behalf.

While we are on the subject of hedges, have you ever heard of Hoopers Law? Well, back in 1965 Mr Hooper came up with a way of dating a hedge. Now, it's not a cast iron law there are a number of likely discrepancies but basically the age of a hedge is equal to the number of tree species found in a 30yd stretch multiplied by 110 and add on 30 years.

David Simkins
Footpath officer Tavistock Ramblers.



And now

On which named trail in Devon will you pass these sculptures?

My First Time in the Lake District

After most of the day on trains, I arrive at Penrith station where a taxi takes a group of us to HF Derwent Water. We're a bit late and have missed the evening briefing. After a rather overwhelming introduction to meal forms, wi-fi and entry codes and more, we freshen up and come down for supper. Walking through the rooms of this 18th century house, large windows frame views down to the lake rippling in the early evening light. It's my first visit to the Lake District, and with HF Holidays; this is a very promising welcome.

After supper, four of us are given our own rundown of the guidelines. Richard, an experienced guide, emphasises how once you reach higher paths and peaks the wind chill factor can make the temperatures feel -2C. I'm a bit anxious, do I have enough warm clothes? He outlines the three hikes available tomorrow graded easy, moderate and more challenging. I choose moderate to test my fitness as I'm recovering from a bug.



I'm lucky to have a double room with a small ensuite bathroom with a nice hot shower and a large cupboard that fits all my clothes, backpack, suitcase and walking paraphernalia. As a group of seventeen from Tavistock and Plymouth Ramblers, we've taken up all the single rooms and more.

In the morning, breakfast starts at 7.30am and when I arrive ten minutes later, a lot of the tables are already full. I join one of the circular ones and I'm soon getting to know other people there. The choice is pretty good with fresh fruit, cereal, seeds and yoghurt on the buffet and a range of cooked breakfasts to order. A good start to the day.

To put on my kit, I find the boot room which is superb. Pegs for my boots, a drying room, brushes and hoses outside.

Our guide Andy leads us down the road and we're soon looking up at Catbells, an ascent of 1,600 feet (500m) and one of the most popular fells in the Lake District. It's a distinct zig zag path to the top and we have plenty of rests on the way up. It's certainly busy with hikers, runners and even families with small children taking on the challenge. I'm walking with a couple of Tavistock Ramblers

who I've never met before, a few I know already and some other guests from HF. When we get to the top it feels like an achievement. The views are expansive taking in the beautiful blue lakes surrounded by rows of fells fading into the distance. On a clear day like today you can see Scotland. It's busy at the summit but a nice atmosphere of people relaxing in the sunshine, one lady walks past me with a plastic Champagne glass. We take the path down to Derwentwater and find a peaceful spot for lunch watching bobbing ducks and honking geese land on the lake. Andy has given us lots of information about the area throughout the walk and there are so many interesting people in the group to talk to as we wander back along the lake edge.

At the house I make some tea and sit in the sunny garden overlooking kayakers, paddle boarders and small boats on the lake, listening to the birds and breathing in the fresh air.

In the evening we meet in the bar for an update on the weather and briefing about the three hikes on offer for the next day. We write down the one we're joining on a board. We also have to fill in forms to choose tomorrow's evening meal (three starters, five main courses and several puddings). They also need our preferences from a large range of packed lunch items to be collected next morning. Freddo frog chocolates are particularly popular! A curling competition is on after supper but I give it a miss wanting an early night in preparation for the next day.

A bus drops the 'walk 3' hikers by a field of sheep with triplets of gamboling lambs. We're about to conquer Blencathra - a distance of 11 miles (17.5km) and an ascent of 3,100 feet (950m). It's a swift pace and I'm huffing and puffing a bit but spurred on looking around our group - one with a knee replacement, one suffering from plantar fascia, and a couple in early 70s. It's one of those hikes when every time you think you're nearly there you see another climb. The edge is quite sheer as we get higher and it feels really exhilarating when we get to the top, having our picnic lunch not too close to the precipice! We bag two 'Wainwrights' - peaks described in detail in guide books written in the 1950s and 60s by a man (who I'd never heard of) that are still accurate today. We return to a roast dinner with enormous Yorkshire puddings. I've chosen a moussaka which is equally delicious.

Monday is a free day. I catch the bus to Ambleside and wander around the little streets. All the towns around here are packed with outdoor shops and cafes. Meeting up with some more of our group, guided by two of our Ramblers, we walk to Loughrigg fell which has a nice view towards Lake Windermere, Elter Water, the Langdale fells and pikes. There's a quiz in the evening, some people stay up and play cards, but I join the 'early to bed' gang.

I join 'walk 2' the next day as I feel like recharging my hiking batteries. We follow a lower path through woods, past waterfalls and into valleys along Sail Beck with gorgeous views of majestic fells around us. Richard our guide has been leading walks for decades, is 78 years old (he's so spritely this is astonishing) and is a mine of information. He tells us about names, our starting point the village of Buttermere means 'the lake by the dairy pasture', and that we're in the shadow of Haystacks which was Wainwright's favourite fell and where his ashes are scattered. We pass Force Mine, part of the Lake District's industrial heritage and he explains its interesting history. I'm also now an expert on Herdwick sheep! He leads us up Barrow fell, which although relatively small, has splendid views down to the Newlands valley, Keswick ('farm where cheese is made') and Derwentwater which we walk back to.

My First Time in the Lake District Continued

It's been dry all week and keeps getting sunnier. We follow Andy on a 10½ mile steady climb to Blueberry Fell and High Seat (option 3 walk). The ground approaching it is quite boggy and the expanse of dry heather looks a lot like parts of Dartmoor. Taking some stony paths downwards, towards and along Derwentwater (via the attractive Ashness Bridge) the view of the lake is the best yet. We're refreshed by visiting a pub in Keswick, sitting outside in the sunshine.



My backpack is full of warm layers as I've elected to face the challenge of Hellvellyn on our last day, with an ascent of 3,700 feet (1,120m) and the third highest peak in the Lake District. I find the slow haul up a zig-zag track really testing but it gets more manageable and then we're approaching the top. Dave and Chris, our guides, warn us that it's always busy up by the trig point and to

stay together, but we're delighted as we have it to ourselves. Taking care to keep away from the edge of the ridge which drops away, we're mesmerised by the magnificent fells, and gleaming tarns (small lakes); up in the clouds our sights include the Solway Firth, Scotland, Morecambe Bay and Heysham power station. The beautiful weather means that the views go on and on. I wear a sunhat throughout the walk, my warm bobble hat stays in my bag. Lunch is by Grisedale Tarn (the home of a rare Arctic Char fish that remain from the Ice Age).

At the end (of over 13 miles) we join the other groups on the bus in Glenridding Bridge and compare experiences. Throughout the week everyone has enjoyed the routes designed for different levels, each including areas of beauty and interest. There has been no sense of competition, just encouragement to join the one that suits you best. We've made so many new friends over the week and become closer with our fellow Tavistock and Plymouth Ramblers.

I'd heard how wonderful the Lake District is and so glad to have such an excellent introduction. Would recommend HF Holidays too - especially the quality of the routes and guides. We were told that our dry and mainly sunny week is very rare in the Lake District. I might not be *quite* so enthusiastic if it had tipped down all week, but it was magical, particularly after the last four months of torrential rain. I feel fitter, restored and eager to join our local Ramblers walks again with gusto.

P.S. Please see Chris Taylors images and detailed accounts of the week on the Tavistock Facebook group.

Sally Prosser



Key tick awareness messages

- **'be tick aware'** and remember that you could be exposed to ticks whenever you spend time outdoors, including when in your garden or the local park
- ticks mainly attach to animals, but sometimes they may bite you or your family. It is important to remember that bites can occur on any part of the body and more than one tick can be attached at a time
- you can reduce the chance of tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- some tick bites can result in infection, so it is important to remove ticks safely and as quickly as possible
- the safest way to remove a tick is by using a pair of **fine-tipped** tweezers or a tick removal tool
- if you begin to feel unwell with flu-like symptoms, or develop a spreading circular rash (which usually appears within 1 to 4 weeks after being bitten), **contact your GP or dial NHS 111 promptly**

More information

For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites: www.nhs.uk www.gov.uk

www.gov.uk/government/collections/lyme-disease-guidance-data-and-analysis

www.nhs.uk/conditions/lyme-disease/

www.nhs.uk/conditions/tick-borne-encephalitis/

You can also send any ticks you find to our Tick Surveillance Scheme. Visit www.gov.uk/guidance/tick-surveillance-scheme to find out more.

NICE Lyme guidance: www.nice.org.uk/guidance/ng95

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Enjoy the outdoors but 'be tick aware'



'Be tick aware' to avoid tick bites and know how to take action if you or your family get bitten by ticks



Tick sizes compared to a one penny coin

What are ticks?

Ticks are small, spider-like creatures that feed on the blood of animals, including people. The size of a tick can vary, with a larva being as small as a tiny freckle, and fully fed females similar in size to a baked bean.

Where do you find ticks?

Ticks survive in many habitats, but prefer moist areas with leaf litter or longer grass, like in woodland, grassland, moorland, heathland and some urban parks and gardens.

Ticks don't fly or jump. They wait on vegetation for a host to pass by, and then climb on. They bite and attach to the skin and feed on blood for several days, before dropping off. Ticks are found throughout the year, but are most active between spring and autumn.

Main health risks

- ticks can sometimes transmit microbes that may cause human diseases such as Lyme disease and tick-borne encephalitis (TBE), though TBE is rare in the UK. It is important to be tick aware and see your GP promptly for diagnosis and treatment if you recognise the symptoms of tick-borne diseases which can include:
 - a flu-like illness, fatigue and muscle and joint pain
 - a characteristic expanding red rash, known as erythema migrans (present in many but not all cases)
 - persistent headache, confusion or sensitivity to bright light
- you may not always remember being bitten by a tick, so if you have spent time outdoors and develop any of these symptoms, seek advice from your GP or dial NHS 111
- Lyme disease can be treated with a course of antibiotics. Without treatment, more serious conditions can develop such as swelling in some joints or problems with the nerves and heart, so prevention and early detection are key
- rarely ticks transmit tick-borne encephalitis (TBE), however the risk in the UK is very low. Symptoms include flu-like illness, persistent headache, confusion and sensitivity to bright light

Avoiding ticks

- walk on clearly defined paths to avoid brushing against vegetation
- wear light-coloured clothes so ticks can be spotted and brushed off
- use repellents such as DEET
- carry out a tick check

Carry out a tick check

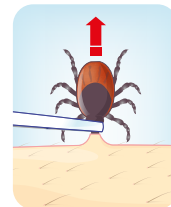
Make it a habit to check your clothes and body regularly for ticks when outdoors and again when you get home. Check your children and pets as well.

Areas that ticks may frequently be found include skin folds, armpits, groin, waistband area, back of the neck and hairline. Data from UKHSA's Tick Surveillance Scheme shows that adults are commonly bitten on the legs, whilst children are commonly bitten on the head or neck area. It is important to remember, however, that bites can occur on any part of the body and more than one tick can be attached at one time.

If you have been bitten

- remove ticks as soon as possible
- the safest way to remove a tick is to use a pair of **fine-tipped** tweezers or a tick removal tool
- grasp the tick as close to the skin as possible
- pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection
- clean the bite area with antibacterial wash/soap and water, and monitor it for several weeks for any changes
- contact your GP promptly if you begin to feel unwell with flu-like symptoms or develop a spreading circular rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors

Tick removal with tweezers



Tick in the environment



Tick attached to skin



Lyme disease bullseye rash



Tick found under hair



Names You May Not Know

I entitled this occasional series as “Names You May Not Know” but this time it is rather different. There cannot be any Tavistock Rambler who does not know the name of Dr Blackall or has not walked on Dr Blackall’s Drive. His name is even on the OS map. But who was Dr Blackall?

Dr Thomas Blackall was the son of Dr John Blackall who was a prominent physician with a very successful practice in Exeter. When he died in 1860 his son, Thomas bought Spitchwick Estate near Ponsworthy with his inheritance. Thomas was himself an eminent surgeon and, having trained at St George’s Hospital, had a practice in Mayfair.

Spitchwick was mentioned in the Domesday Book and over the years has had various spellings. One of the custodians of the estate was John Dunning, the first Lord Ashburton who was born in 1731 and was a lawyer eventually becoming Solicitor General in 1767. He purchased the lease for the Spitchwick Estate, extended the original house and created the huge walled garden which still exists and is occasionally open to the public. He also built the two lower gatehouses past which we will have walked many times. He married Elizabeth Baring of the banking dynasty and died leaving a fortune.

Back to Thomas Blackall. He did much to improve the house by building on the entrance hall and the rooms above and fine granite porch large enough for a carriage to pass through. He also built various extensions at the rear but he is probably best known for creating the carriage drive now known as Dr Blackall’s Drive. This extends from the top of Newbridge Hill, up to Bel Tor Corner with magnificent views over the Dart valley. Why did he build this? Basically because he wanted to impress and because he could!

He died in 1899 and his buried in a rather grand tomb in Leusdon churchyard. He was said to be a kind man and was held in high regard by all who knew him. He never married and died a bachelor but he did have a lady friend, Julia Tindall, who lived at the manor



with him. The complication was that she was still married to a husband who lived in New Zealand. Nevertheless, upon his death, she became lady of the manor for a short time before she died in 1901. She is buried in similar but not quite so elaborate grave alongside Dr Blackall.

As there were no heirs the property again came up for auction and was purchased by Frederick Struben. He was a geologist and had spent some years in South Africa in the 1880s and is credited with discovering the country’s first profitable gold mine. This ultimately

led to the biggest gold mines in the world. He became a very wealthy man and bought the estate at auction. The Strubens had two sons, one of whom was shot down over France in World War I and the other died at the age of six. Frederick Struben’s grave is also in Leusdon Churchyard, next to Dr Blackall.

Stephen Simpson purchased the property in 1934. He was a gas engineer and a prolific inventor with over 200 patents to his name. He was succeeded by his son, also Stephen, and his son, Patrick, is the current Lord of the Manor.

On a recce for a walk some years ago I met Patrick in Leusdon churchyard when he was tending the graves and much of the information above comes from that conversation.

Long John

Frustrations: An Achilles Tendon Injury

Two days after Christmas Jan and I were staying in Cornwall just above the coast path and I said I would go out for an hour or so before dinner. There was a very steep slope down and it was slippery but I was unaware of doing anything in particular. By the time I returned I was limping badly and put my foot up on a bag of ice.

Three months later I’m still unable to walk very far and am relying on another Rambler, Paul B, to lead one of my favourite walks. Vellake, one of the most attractive valleys on Dartmoor, along the West Okement past Black-a Tor Copse, then up to High Willhays and Yes Tor via Fordsland Ledge and back on the narrow path above Red-a-ven brook. Yes, I’m really missing walking! (Thanks to Peter L and Jane I for leading my other two walks in January and February). In December I had chosen my monthly walks to lead for the whole year!

Achilles injuries can either be a strain or rupture. Mine this time is the former but as Google says “tendinopathy is painful” But I do love that new (for me) word. You can sound very authoritative!

Treatment initially via a physio who at least can tell you what’s wrong and give you some exercises to start the healing process. With doctor’s waiting times being as they are I didn’t bother with that route.

Walking was very difficult, not so much from the Achilles which was well supported with support sock and bandage but referred pain to the hips. In fact after a few hundred yards, I had to stop and rest.

However, I was travelling as you do... Los Angeles and a little later Japan. I had to do some walking. In LA I went to a doctor (\$200) and she prescribed some steroid tablets which certainly took down the swelling but even better she recommended some heel raisers in my shoes - little short of miraculous. By putting those small bits of plastic in the shoe it removed the referred pain almost completely. That didn’t stop limping if I did too much but allowed me to walk a mile or two, with a dog or to see birds!

On my return, a few weeks ago, I was able to follow the physio’s advice and book in with Shock Wave therapy. This provides sound waves (at least 2000 of them) released from a ‘gun’ to stimulate the blood flow and help the healing process. This is a treatment supported by NICE i.e. it’s officially recommended. After two sessions it certainly seems to be helpful. They suggest it aids the process of healing. It’s apparently also good for plantar fasciitis, a common Rambler’s issue.

I’m optimistically planning short walks. We’ll see if I can.

Ian Gaspar