

Minutes of Committee Meeting 10/3/26 - Guildford Health Walks

Venue: Worplesdon Place at 12.15pm.

Attendees: Annelize Kidd, Andy Wilson, Nick Trier, Roger Philo, Georgina Churchlow, Martyn Parker, Kevin Jenkins

Apologies: Michele Roach

1. Minutes from last Committee Meeting on 12/12/25

Accepted. Outcomes of actions included in relevant sections below.

2. Treasurer's report (Nick)

Nick presented an updated set of accounts up to 28th Feb 2026. Payment for 2 x Wordpress courses with a donation from Shalford Christmas lunch (Shareholder discount) are only transactions since last meeting. The latest bank balance stands at £1,253, a net outflow of £458 since last set of accounts at 1st October 2025.

Michele has an outstanding invoice for leaflets to be reimbursed.

Action Andy – Chase Michele to send invoice to Nick for payment.

(The rule of thumb is to hold 6 months of running costs in the bank. Usual ongoing annual expenditure is about £350 made up of insurance £214, website £70 and leaflets £65 plus an allowance for training).

Nick, Andy and Annelize have internet banking access.

Action Georgina and Roger: To liaise with Nick to get internet access for NatWest GHW account.

3. Regular 2-hour Saturday walk

These are proving a success and will continue for foreseeable future.

Martin led a round walk on 24th January from the Good Intent pub at Puttenham, 7 walkers, about 4 miles and 2 hours.

Andy led a round walk on 28th February from the White Horse pub at Hascombe, 12 walkers, about 3.5 miles and 2 hours.

It was agreed that we would try to hold these walks on last Saturday of the month, about 2 hours/4 Miles and ideally accessible by public transport.

Helen Corbett (4th April) is planning a round walk from Newlands Corner to St Martha's. Ellen Babbs (25th April), Lizzie Spall (30th May), Annelize (27th June) have offered to lead walks in 2026.

Action Georgina: To confirm arrangements with HelenC

Discussion took place about Ash Mamde who came on Andy's walk. Ash is keen to be involved in GHW but is not available during the week. It was agreed that Martyn will keep Ash informed of Saturday walks and if he is interested to 'buddy-up' with an experienced WL to lead a walk himself. It was felt not appropriate to provide formal training.

Action Andy: To advise Ash of these discussions

Action Martyn: To liaise with Ash on Saturday walks as appropriate

4. Publicity (Michele)

'Volunteering' article appeared in Jan/Feb issues of R&A and Pages, this has resulted in 2 new WLS.

Michele did an interview with VantagePoint for an article 'Walking for Health' where GHW featured as the main group and many benefits of walking were described.

Plans in place for entries in Pages, R&A and Vantagepoint for May and June.

Nick's suggestion at the last meeting that we should promote GHW and looking after outdoor public spaces to prospective new councillors for the new Single tier county council (West Surrey) were not progressed.

5. Volunteer Guidance/Training Update/Refresher + Volunteers/Safeguarding

It was agreed that Martyn should dust off the WL Guidance update he produced for Autumn 2025 and issue an updated version for Spring 2026.

Alison Smith has completed training and leads at Boxgrove. Julia Westcote has nearly completed training. Gavin Cook and Marcia Correia are ready to start training.

Martyn is progressing contact with the University as to students being interested in joining GHW as walk leaders.

Martyn advised that First Aid course with the Red Cross requires a minimum of 5 participants.

Action Martyn: To include in Spring update whether anyone interested in First Aid training.

6. Incidents (Georgina) Two reported. Both were issues to do with known health issues with walkers who normally complete walks successfully.

One learning point:

To ensure that Backmarkers don't get isolated from the rest of the group including the Leader maintaining visual contact with Middlemarkers/Backmarkers.

7. Membership of GHW

152 walkers on DB, 32 walk leaders across the 5 groups.

The total/average/max numbers of walkers at each location is as follows:

Boxgrove – 40 walkers, Ave 15 per week (20 on away walks), 9 WLs

Worplesdon – 25 walkers, Ave 19 per week, 8 WLs

Shalford – 50 walkers, Ave 24 per week (Max 32 on 2 occasions), 8 WLs

Shere – 44 walkers, Ave 17 per week. 5 active WLs (need 2 more)

Whitmoor – 56 walkers, Ave 16 per week. 10 WLs.

Annelize has been running Winter walks for Boxgrove walkers since October at SheepLeas and Ripley. These have proved a success. Details are available on the website.

8. Website

It was agreed that it would be useful to add a 'latest communications' page on the website. Roger has added this to the WordPress version.

Roger has largely completed the WordPress version (Just Contact form remaining).

Roger advised that hosting WordPress version with Crystal would increase from £93 to £174.

Current website designers to be advised of conversion to WordPress and whether their names need to

be retained on the website as designers.

Action Annelize: To discuss with Amreen Hanware.

Andy and Michele have been booked on WordPress course with Awesometechtraining on Tuesday March 17th. Nick has agreed to self-learn.

Roger advised that we need to learn WordPress studio to be able to maintain the website, Andy to confirm with Awesometechtraining.

Action Roger: To upload correct Committee mtg minutes to website and change next mtg message to correct date.

9. Fundraising and Funding

Georgina confirmed that we are booked into St Martha's fundraising event in late April/Early May 2026.

Action Georgina: To liaise with Helen Corbett for exact date.

Quiz/AGM to be held on Saturday 10th October.

Action Annelize: To establish appropriate venue.

Action Annelize: To see if anyone else is interested in running the quiz otherwise Martyn and Andy are happy to host it again.

10. AOB

Annelize advised that she has attended a Grassroots networking event at Spectrum and made the following new contacts:

Active Surrey, Adult Wellbeing Partnership, Guildford family Centre, Kane fm
The Lighthouse Guildford (they have Bereavement café), also various meetings, such as men-matter, Voluntary Action Surrey

It was agreed to purchase Large Wound bandages for groups if they are requested and will not be purchased otherwise.

Annelize confirmed that Guildford Walkfest will take place in September as follows:

Whitmoor – Friday 4th Sep, 11am

Shalford – Wednesday 9th Sep, 10am

Worplesdon – Tuesday 15th Sep, 10.45am

Sheepleas – Monday 21st Sep, 10.15am

Shere – Thursday 24th Sep, 10.15am

It was suggested that Whatsapp groups are managed to ensure that people who no longer walk with the relevant group are removed.

Action All: To review Whatsapp groups that they own and manage as above.

11. Date of next meetings

Committee Meeting – Thursday 18th June 12noon (The Bray pub, Shere)

AGM – Saturday 10th October 4pm (In conjunction with Quiz).