

Special Events in 2013

Sun 19.5 Coach Trip to Avebury Rings and Marlborough

Enjoy the open vistas of the Marlborough Downs in Wessex. Starting near Calne, a morning walk of 4.5 miles brings us to the village of Avebury with its ring of Neolithic Stones said to be older than nearby Stonehenge.

Lunch will be taken here with time to view the Stones. The afternoon walk of 6 miles follows the Wessex Ridgeway to the town of Marlborough, where there will be time for tea before returning. Option to spend the morning at Avebury and/or the afternoon exploring Marlborough.

Cost £19 per person (see the booking slip)

Biggleswade Market Square 7:30 am

Bedford Bus Station 8:00 am

Organiser Tony; Tel: 01234 831388

or e-mail: tony.sheward@btinternet.com

Sun 16.6 5 night break in Yorkshire Dales

- Fri 21.6 Grassington in the heart of the Yorkshire Dales is surrounded by wonderful countryside and excellent walking opportunities. Accommodation ranges from campsites and self-catering to bed & breakfast and should suit most budgets.

Admin fee £10 (See booking slip)

For more details contact Barry; Tel: 01234 353704 or email: walking@madasafish.com

Fri 20.9 Stour Valley Long Weekend

- Mon 23.9 Four walks will each include a short section of the Stour Valley Path. Savour Lovejoy's Long Melford, Gainsborough's Sudbury, Constable's Dedham Vale (visiting Flatford Mill) and picturesque Stoke-by-Nayland. Certainly not at all flat, and some lovely scenery across the valley.

Optional Sunday evening meal at the Cock, Lavenham.

Book now to receive your information pack (walk details, accommodation list and meal booking form). Admin fee £5 (See booking slip)

For more details contact Antony; Tel: 01767 601969 or e-mail: antonycopsey@fsmail.net

Sun 20.10 Coach Trip to Henley-On-Thames

Enjoy a day's walk along the Thames taking in the picturesque Buckinghamshire towns of Marlow & Hurley.

Cost £10 per person (see the booking slip)

Biggleswade Market Square 7:30 am

Bedford Bus Station 8:00 am

Organiser Nick; Tel: 07803 125876

or e-mail: ivwramblers.nm@ntlworld.com

Officers and Committee

Chairman:

David Slark Tel: 01234 350644

Email: chairman@ivelvalleywalkers.co.uk

General Secretary:

Julia Winter Tel: 01462 672321

Email: generalsec@ivelvalleywalkers.co.uk

Treasurer:

Andy Nunn Tel: 01525 712297

Email: treasurer@ivelvalleywalkers.co.uk

Membership Secretary:

Sheila Cakebread Tel: 01480 392223

Email: membershipsec@ivelvalleywalkers.co.uk

Programme Secretary:

David Broughton Tel 07508 216981

Email: programme@ivelvalleywalkers.co.uk

Publicity Officer:

Roger McLeod Tel: 01234 216639

Email: publicity@ivelvalleywalkers.co.uk

Web Master:

Nick Markham Tel: 07803 125876

Email: ivwramblers.nm@ntlworld.com

Footpath Officer:

Marcus Kilby Tel: 01462 812005

Committee:

Eric Cartwright, Mike Tenwick.

Please make sure that you are fit enough to undertake the walk you intend to join. If you're unsure of your fitness level, try a short and easy walk first.

Most Ramblers' walks are off-road in rural areas. Please have suitable footwear and clothing for the walk you intend to join. Leaders may refuse to accept participants who in their opinion are inadequately equipped or unfit.

For your own and others' safety please read and abide by any advice and guidelines issued by the organisers, and the instructions of the walk leader. Though walking is inherently one of the safest outdoor activities, no activity is completely without risk and it is your responsibility to behave sensibly and to minimise the potential for accidents to occur.

If you wish to bring a dog on any walk, please contact the leader beforehand to check suitability.

Most daytime walks have a break for refreshments. Please also bring a packed lunch if out all day.

Please be aware that our walks always depart at the time stated.

Sunday walks are either: two half days, usually with a morning walk of

7 miles and an afternoon walk of about 5 miles; or one full day of

12+ miles; (ending about 4.00pm).

Wednesday morning walks are generally 6-7 miles, finishing by 1.00pm.

Weekday long walks are generally 9-12 miles, finishing mid afternoon.

Weekday ambles are short walks (5 miles or less) conducted at a leisurely pace and may be of particular interest to those new or returning to walking.

Bus walks have a bus component, either the chance to reach the start point with the bus or integrated within the walk.

Summer Evening walks are usually about 4 miles (1.5 hours).

Leaders state in the programme if a walk is likely to differ appreciably from these guidelines.

If you have any questions about a particular walk, please contact the leader.

For other enquiries about our club, please contact any committee member.

The Ramblers' Association is a registered charity (England & Wales no 1093577, Scotland no SC039799) and a company limited by guarantee, registered in England & Wales (no 4458492). Registered office: 2nd Floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW.



ramblers
at the heart of walking

Ivel Valley Walkers

Bedfordshire Area

SUMMER

WALKING

PROGRAMME

For the latest updates see www.ivelvalleywalkers.co.uk

Ivel Valley Walks Programme: Summer 2013

May

- Mon 29.4 7:45 pm **IVW Committee Meeting**. Nick M 07803 125876
- Wed 1.5 10:00 am Weston Nr Baldock. Holy Trinity Church car park TL266299 7 miles. Ian 01462 812294 or 07866 389443
- Fri 3.5 11:00 am **Bus to Walk**. Yardley Hastings outside Post Office in Bedford Road (A428). Coffee stop in Castle Ashby SP865565 7 miles. Bedford Bus Station bus 41 Bedford-Northampton (bay 10) leaving 10:15. Roger 1234 216639 or 07989 307046
- Sun 5.5 10:00 am Elstow, rear of Red Lion car park TL050475 13.5 miles. Eric 01234 315181 or 07761 589281
- Mon 6.5 10:00 am **Bank Holiday Monday**. Godmanchester, car park in Park Lane TL246709 14 miles. Registered Assistance dogs only, contact leader. Pauline 01480 477188 or 07504 751554 on the day only
- Tue 7.5 10:00 am Coombe Hill car park SW Wendover SP852062 12 miles. Shared transport will leave Ampthill Park West car park (TL024382) at 8.30. Ian 01462 812294 or 07866 389443
- Wed 8.5 10:00 am Woburn, car park opposite Church SP950332 6.5 miles. Marcus 01462 812005 or 07417 498199 on the day
- Thu 9.5 10:00 am **Bluebell Amble**. Great Ashby District Park, Stevenage TL267268 4.5 miles. Serpentine Close off Great Ashby Way. Derek 01462 712462
- Sat 11.5 10:00 am to 1:00 pm **Ripple**: Path Clearance & Restoration. Shillington, Village Hall car park, 35 High Rd. SG5 3LL TL127341 CBC Organiser: Lindsay Measures. Barry: walking@madasafish.com.
- Sun 12.5 10:00 am & 2:00 pm Barton-le-Clay. Old Road Recreation Ground TL083304 7.5 & 5 miles. MK45 4LB. Lynda 01234 740788 or 07964 105082 on the day only
- Wed 15.5 10:00 am Sharpenhoe Clappers car park TL065296 6 miles. Francis 01234 852957 or 07503 522259
- Fri 17.5 **11:00 am Bus to Walk**. Toddington Green TL009288 7 miles. Bedford Bus Station Grant Palmer bus 42 (bay 9) leaving 10:05. David R 01525 714208 or 07974 618999 on the day only

Please note; the entry above is shown with incorrect bus and mobile phone numbers on the printed programme.

Please Note: Booking prices for the September trip away and for the October bus trip are being partially subsidised from excess funds in the Social Account.

Book

Stour Valley Path - £3.50

Of particular interest to those interested in the Stour Valley Long Weekend in September.

A guide to the 60 mile waymarked regional route that runs from Newmarket to Cattawade. Includes information on accommodation and laminated route maps. Also includes "Days out along the Stour Valley Path" a guide for walkers intending to walk the Stour Valley Path without the need to back track or retrace their steps daily. You can order a copy from us.

We are currently only able to take payment for publications by cheque. Please make cheques payable to 'Suffolk County Council' (free P&P)

Please send cheques to:

Jasmin Hicks

*Dedham Vale AONB and Stour Valley Project,
c/o Suffolk County Council,*

Endeavour House,

8 Russell Road,

Ipswich,

Suffolk

IP1 2BX

Are you interested in learning some basic map reading techniques (how to navigate and plan a route). The IVW are holding a series of "Map Awareness Courses" this summer. the first session in June is already full, Further sessions are planned, for details, please contact Nick at www@ivelvalleywalkers.co.uk (tel: 07803 125876)

Ivel Valley Walks Programme: Summer 2013

- Sun 18.8 10:00 am & 2:00 pm Marston Moretaine, Marston Vale Forest Centre TL004418 7 & 5 miles. Nick M 07803 125876
- Tue 20.8 6:30 pm **Evening Walk**. Shefford, town car park, Old Station Way TL142391 4 miles. Gill 01462 814959
- Wed 21.8 10:00 am Cranfield, by the Church SP955420 6.5 miles. Tony S 01234 831388
- Fri 23.8 12:00 pm **Bus to Walk - Buckingham Circular** via Stowe Park. Buckingham Bus Stop, High Street SP697341 7 miles. Bedford Bus Station, X5 leaves 10:45. Marcus 01462 812005 or 07417 498199 on the day
- Sun 25.8 10:00 am Wrestlingworth, near church TL259474 11 miles. Derek 01462 712462
- Mon 26.8 10:00 am **Summer Bank Holiday**. Redbourn West Common TL 102118 13 miles. Cricket Pavilion car park. Sandra 01525 222676
- Tue 27.8 10:00 am Bromham Mill car park TL 010507 12 miles. Eric 01234 315181 or 07761 589281
- Wed 28.8 10:00 am Woburn, car park opposite Church SP950332 7 miles. Geoff 01525 712207 or 078710921686
- Thu 29.8 10:00 am **Weekday Amble**. Preston Nr Hitchin, near Red Lion PH TL180247 5 miles. Park in village. Margaret 01582 564929 or 07840 707924

START OF THE AUTUMN PROGRAMME
AND THE BEDFORDSHIRE FESTIVAL OF
WALKS

Ivel Valley Walks Programme: Summer 2013

- Wed 31.7 10:00 am Croxton, park considerably in High Street and do not block entrances TL248598 6.5 miles. Antony 01767 601969 or 07857 890829 on the day
- Also
Wed 31.7 6:30 pm **Evening Walk**. Bedford, Priory Park Visitor Centre, off Barkers Lane TL072494 5 miles. Eric 01234 315181 or 07761 589281
- August**
- Thu 1.8 10:00 am **Weekday Amble**. Meppershall, by the church TL134359 4.5 miles. Mary M 01462 700387 or 07885 778228
- Sun 4.8 10:00 am & 2:00 pm Lavendon. Park in layby on A428 west of village SP914537 7 & 5 miles. Derek 01462 712462
- Wed 7.8 10:00 am Everton, Church Road near St. Mary's Church TL202512 6.5 miles. Carol 01582 882628
- Thu 8.8 6:30 pm **Evening Walk**. Renhold, Three Horseshoes PH Top End (park in road) TL095527 4.5 miles. Nick W 01234 210437 or 07950 673657
- Fri 9.8 11:30 am **Bus to Walk**. Meet Buckingham High St bus stand, walk to MK railway station in time to catch 16:30 X5 back. SP697341 12 miles. Bedford Bus Station X5 at 10:05, arriving Buckingham bus stand at 11:30. Barry 01234 353704 or 07860 348347 on the day
- Sat 10.8 10:00 am to 1:00 pm **Ripple**: Path Clearance & Restoration. Flitwick Village Hall, Dunstable Rd, Flitwick. MK45 1HP TL033348 CBC Organiser: Gemma Harrison. Barry: walking@madasafish.com.
- Sun 11.8 10:00 am Woburn Sands, Russell Street car park SP930358 12 miles. Eric 01234 315181 or 07761 589281
- Tue 13.8 10:00 am Grafham Water Visitor Centre TL167680 12 miles. £2 parking charge. Bob and Sue 01234 823974 or 07849 827049
- Wed 14.8 10:00 am Mowsbury Park Main Car Park, off Wentworth Drive TL064524 6 miles. M Mary C 01234 781220
- Thu 15.8 10:00 am **Weekday Amble**. Sharnbrook, near the Church SP994596 4 miles. Park on Church Lane or in small car park nearby. Mary C 01234 781220
- Also
Thu 15.8 10:00 am to 1:00pm or 3:00 pm **Ripple**: Path Clearance & Restoration. Maulden, Village Hall, Flitwick Rd TL048380 CBC Organiser: Gemma Harrison. Barry: walking@madasafish.com.
- Also
Thu 15.8 6:30 pm **Evening Walk**. Waresley Woods car park. Off Waresley to Great Gransden road. (Max vehicle height 2.1m) TL256550 3.5 miles. Sheila & Clive 01480 392223 or 07885 615595

BUS WALKS SEEM TO BE ESTABLISHING THEMSELVES AND ARE DRAWING A GROUP OF LOYAL SUPPORTERS WHO EITHER LIKE TO LEAVE THE CAR AT HOME, PREFER THE SLIGHTLY LATER START TIME OR JUST FIND FRIDAYS A GOOD DAY TO GET OUT.

19 IS THE BEST TURNOUT, SO FAR

RIPPLE
Restoring and Improving Paths for Local Enjoyment.

An explanation of what is involved, an appeal for volunteers and a registration form is to be found on the Booking Form

ON THE 23RD OF MAY WEEKLY EVENING WALKS MAKE A RETURN TO THE PROGRAMME AND THESE WILL CONTINUE UNTIL LATE AUGUST.

PLEASE JOIN US FOR THESE GOOD NATURED STROLLS THROUGH THE DUSK

Ivel Valley Walks Programme: Summer 2013

- Sun 19.5 **Coach Trip to Avebury Rings**. See overleaf for details. Tony S 01234 831388
- Tue 21.5 10:15* *Note later start time. Redbourn West Common TL 102118 11 miles. Cricket Pavilion car park. Edward 01438 226590
- Wed 22.5 10:00 am Waresley Woods car park. Off Waresley to Great Gransden road (max vehicle height 2.1m) TL256550 6.5 miles. Sheila 01480 392223 or 07885 615595
- Thu 23.5 10:00 am **Weekday Amble**. Tempsford, Church End TL162531 4 miles. Past Warrants PH. Sheila 01480 392223 or 07885 615595
- Also
Thu 23.5 6:30 pm **Evening Walk**. Maulden Woods car park off A6 north of Clophill TL073394 4 miles. Lynda 01234 740788 or 07964 105082 on the day only
- Sun 26.5 10:00 am & 2:00 pm Ridgmont Train Station SP965373 7.5 & 5 miles. Free parking in vicinity of station. Barry 01234 353704 or 07860 348347 on the day
- Mon 27.5 10:00 am **Bank Holiday Monday**. Woburn Sands, Russell Street car park SP930358 12 miles. Nick M 07803 125876
- Tue 28.5 6:30 pm **Evening Walk**. Bromham Mill car park TL010507 4 miles. Val B 07527 052095
- Wed 29.5 10:00 am Steeple Morden Recreation Ground car park (beyond village hall) TL285427 6 miles. Antony 01767 601969 or 07857 890829 on the day
- Fri 31.5 11:00 am **Bus to Walk**. Sharnbrook village car park, opposite post office SP995596 7 miles. Bedford Bus Station bus 50 Bedford-Kettering (bay 10) leaving 10:27. Val 07527 052095
- June**
- Sun 2.6 10:00 am **Map Awareness Course**. Old Warden Village Hall car park TL138440 For those with prior booking. Nick M 07803 125876
- Also
Sun 2.6 10:00 am Hexton, near The Raven PH TL106307 13 miles. Mike C 01462 491032 or 07815 939549
- Tue 4.6 10:00 am **Stour Valley Path Section 3** (Sudbury to Clare). Newmarket July Racecourse Gate 3 park at end of the cul de sac TL 618614 12 miles. Shared transport to Clare Country Park (pay and display £1.50), then catch 11.05 bus to Sudbury. Antony 01767 601969 or 07857 890829 on the day
- Wed 5.6 10:00 am Hexton, near The Raven PH TL106307 6 miles. Julia 01462 672321

For further information on 'the Ramblers' visit the web-site at 'www.ramblers.org.uk'

or telephone: 020 7339 8500.

Remember to nominate Ivel Valley Walkers as your local group when you decide to take out membership.

Ivel Valley Walks Programme: Summer 2013

- Thu 6.6 10:00 am **Weekday Amble**. Great Offley, Green Man PH TL142271 4.5 miles. Park in overflow CP. Margaret 01582 564929 or 07840 707924
- Also
Thu 6.6 10:00 am to 1:00 pm **Ripple**: Path Clearance & Restoration. Flitton Village Hall, High St, Flitton TL059358 CBC Organiser: Lindsay Measures. Barry: walking@madasafish.com.
- Also
Thu 6.6 6:30 pm **Evening Walk**. Kempston Church End, near Cemetery in Green End Road TL013477 4 miles. Roy 01234 301182 or 07784 208997
- Sat 8.6 10:00 am to 1:00 pm **Ripple**: Path Clearance & Restoration. Harlington Village Hall car park, Sundon Rd, Harlington LU5 6LS TL037304 CBC Organiser: Lindsay Measures. Barry: walking@madasafish.com.
- Sun 9.6 10:00 am & 2:00 pm Pegsdon, near Live & Let Live PH TL121303 7 & 5 miles. Eric 01234 315181 or 07761 589281
- Wed 12.6 10:00 am Willington. Grass verge near Dovecote TL106499 7 miles. Bernard 01462 700387 or 07885 778228
- Also
Wed 12.6 6:30 pm **Evening Walk**. Bedford, Mowsbury Park car park, Kimbolton Road TL060528 5 miles. Eric 01234 315181 or 07761 589281
- Fri 14.6 11:30 am **Bus to Walk**. Thurleigh, outside Jackal Public House, 3 High St, walk back to Bedford TL050585 7 miles. Bedford Bus Station, Cedar Coaches bus 152, leaving 11:10 (bay 15). Sue 01234 823974 or 07849 827049
- Sun 16.6-
Fri 21.6 **5 night break in Yorkshire Dales**. See overleaf for details. Barry 01234 353704 or 07860 348347 on the day
- Also
Sun 16.6 10:00 am Woburn, car park opposite Church SP950332 7 miles. John 01525 840278
- Tue 18.6 10:00 am Wimpole Hall car park TL 338509 12 miles. £2 parking redeemable at the café free to NT members. Roger 01234 216639 or 07989 307046
- Wed 19.6 10:00 am Wootton. Park carefully on road near Chequers PH, Hall End Road TL001457 6.5 miles. Use pub car park if eating or drinking. Martin 01234 767876
- Thu 20.6 10:00 am **Weekday Amble**. William nr Letchworth Manor Wood C P TL223302 5 miles. Past Manor Farm, down Roxley Court Road, few hundred yards on right. Julia 01462 672321
- Also
Thu 20.6 6:30 pm **Evening Walk**. Bedford, Go Outdoors parking area TL088511 5 miles. Roger 01234 216639 or 07989 307046

Ivel Valley Walks Programme: Summer 2013

- Sun 23.6 10:00 am & 1:30 pm **Huntingdon Circular Walk**. Huntingdon Riverside car park, PE29 1WF TL245719 6 & 6 miles. As this is a circular walk, in the afternoon meet at St Ives, outside Budgens corner Market Hill and Market Street (frequent bus connection) TL315711 PE27 5AH. Andrew
- Wed 26.6 10:00 am Wheathamstead, Nomansland Common car park, Ferrers Lane off B651 south of village TL171123 7 miles. Antony 01767 601969 or 07857 890829 on the day
- Thu 27.6 6:30 pm **Evening Walk**. Sandy, town centre car park TL174492 5 miles. In conjunction with Tourist Information Centre, Sandy. Mike W 01462 700520
- Fri 28.6 12:15 pm **Bus to Walk - London Adventure**. Start point Marble Arch, then walking to Hyde Park, Regents Park, Camden Market and Central London 9 miles. Green Line Bus 757 from Luton Airport (free with Bus Pass) - Stop 10, 11:00. Reached from Bedford with train to Luton Airport Parkway Station or use multi-story car park there, £3.00 after 10:00 - then take shuttle to airport. Marcus 01462 812005 or 07417 498199 on the day
- Sun 30.6 10:00 am Over via Swavesey, back via the Great Ouse. St Ives Park & Ride, Meadow Lane TL319709 12 miles. PE27 4LG. Trevor 07747 065795
- July**
Tue 2.7 10:00 am Biggleswade, park at end of Dunton Lane TL 204435 12 miles. (no through road off A6001 London Road, next to BP petrol station). Antony 01767 601969 or 07857 890829 on the day
- Wed 3.7 10:00 am Harrold Odell Country Park car park SP956566 7 miles. Jim 01525 405344 or 07966 735318
- Also
Wed 3.7 6:30 pm **Evening Walk**. Sandy, town centre car park" TL174492 4.5 miles. In conjunction with Tourist Information Centre, Sandy. Barry 01234 353704 or 07860 348347 on the day
- Thu 4.7 10:00 am **Weekday Amble**. Dunstable Downs Chiltern Gateway Centre TL008194 4 miles. Car Park Charge (free NT members). Carol 01582 882628
- Sat 6.7 10:00 am to 1:00 pm **Ripple**: Path Clearance & Restoration. Meppershall, Village Hall TL140367 CBC Organiser: Lindsay Measures. Barry walking@madasafish.com.
- Sun 7.7 10:00 am & 2:00 pm Pilton, The Green TL146316 7 & 5 miles. Road is Great Green. Jim 01525 405344 or 07966 735318
- Wed 10.7 10:00 am Dunstable Downs - Chiltern Gateway Centre TL008194 6.5 miles. Car Park Charge (free NT members). Carol 01582 882628

Ivel Valley Walks Programme: Summer 2013

- Thu 11.7 10:00 am to 1:00pm or 3:00 pm **Ripple**: Path Clearance & Restoration. Chicksands, Central Bedfordshire Offices TL125386 CBC Organiser: Lindsay Measures. Barry: walking@madasafish.com.
- Also
Thu 11.7 6:30 pm **Evening Walk**. Sandy, town centre car park TL174492 3.5 miles. In conjunction with Tourist Information Centre, Sandy. Mandy 01234 740829 or 07827 330843
- Fri 12.7 10:30 am **Bus to Walk**. Biggleswade, outside Sainsburys supermarket TL184452 7.5 miles. Bedford Bus Station bus 73 to Biggleswade, leaves 09:50. Tony S 01234 831388
- Sun 14.7 10:00 am Leighton Buzzard Railway Station SP911250 12 miles. Station car park costs £6. Tiddenfoot & town centre car parks are free, but a 10-15 minute walk from station. Tony D 01582 604906 or 07786 676565
- Tue 16.7 10:00 am Stagsden, farm lane at west end of High St SP 977484 12 miles. Eric 01234 315181 or 07761 589281
- Wed 17.7 10:00 am Grafham Water, Perry visitor centre, west of village of Perry TL143671 6.5 miles. Car parking charges. Tony S 01234 831388
- Thu 18.7 10:00 am **Weekday Amble**. Northill near Church TL149465 5 miles. Antony 01767 601969 or 07857 890829 on the day
- Also
Thu 18.7 6:30 pm **Evening Walk**. Wrestlingworth, near church TL259474 3.5 miles. Tony S 01234 831388
- Sun 21.7 10:00 am & 2:00 pm Kimbolton High Street, near church TL099678 8 & 5 miles. Roy 01234 301182 or 07784 208997
- Tue 23.7 6:30 pm **Evening Walk**. Ickleford, Sports & Recreation Centre car park, Chambers Lane TL180318 4 miles. Bernard & Mary 01462 700387 or 07885 778228
- Wed 24.7 10:00 am Bedford, Little Park Farm, Hawk Drive, Brickhill TL048525 7 miles. Nick W 01234 210437 or 07950 673657
- Fri 26.7 10:45 am **Linear Bus Walk** - Great Barford to Bedford following river. Great Barford in New Road by Church TL134517 7 miles. Bedford Bus Station bus Grant Palmer 27 leaves 10:25 or X5 leaves 10:15. Nick W 01234 210437 or 07950 673657
- Sun 28.7 10:00 am **Capital Ring**: Grove Park - North Greenwich. Bedford Railway Station TL041497 11 miles. 8:48 train (Flitwick 8:58); book one day travel card, cost £10 each for groups of 4 under Group Save scheme. Option of a ride on the Emirates cable car at end of walk £3.20 with travel card. Tony S 01234 831388
- Tue 30.7 10:00 am Turvey, in layby on A428 north of river SP937523 12 miles. Jim 01525 405344 or 07966 735318