**Monthly Update April 2020**

Dear All,

Unfortunately, this isn't the usual email I would be sending out at this point, sharing our latest Essex and Herts news and looking forward to our next month of social walking. However, I feel it is important to stay in touch in these unsettling times, so please continue to send me anything to be included in the May monthly update and our June Newsletter. See also the note about our Facebook page below.

Following the restrictions announced last night, the LDWA website has been updated with the following statement:

**The Prime Minister has provided instructions about exercise. Full details can be found at**[**www.gov.uk/coronavirus**](http://www.gov.uk/coronavirus)

**We hope that everybody in the LDWA understands the seriousness that the United Kingdom finds itself in and urges all members to be responsible.**

So, just to confirm, all Essex and Herts social walks have been cancelled for the foreseeable future. Rita had a good selection of walks arranged, and I'm sure she will work with all the walks leaders to incorporate these walks into our future walks’ programmes.

As far as our 2020 Challenge Events are concerned, The Essex Walker has definitely been cancelled and entrants have been sent notification via SI Entries about refunds.  The Herts Hobble is currently closed to new entries, and a decision as to whether it will go ahead will be made shortly. If it is cancelled, entrants will again be notified via SI Entries.  The entry open date for the Three Forests Way has been moved back to 1st June, when we should have a clearer picture of whether it will be viable to plan and run a 50-mile event in September.

**Facebook:**

Deb has posted the following message on the Essex and Herts Facebook page:

**During these strange times, it’s important that we keep in touch with each other. Some live with partners and/or wider families, and some (including me) live alone. We can use our FB page to check in and spread some cheer.**  
**I usually only allow walking related posts, but I’m happy to let through anything positive and cheery during this time. We’re not a medical or information page, so posts will only be approved that are in good taste and designed to make each other smile.**  
**Please support each other in this if you have the time. X**

You do need to have your own Facebook account to be able to see and add anything to our Facebook page. If you have any queries, get in touch with Deb who will be able to help you.

And to finish on a brighter note, wasn't it great to see Ginny's smiling face on the front cover of the April edition of Strider?  A lovely picture that apparently belies the effort it took to the top of Ragleth Hill.  Well done to photographer Gill and Strider editor Graham who selected the photo from the many he must receive.

Wishing everyone good health and hopefully a little bit of walking, albeit alone!

Jackie