

Beachy Head Newsletter July-September 2021



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Beachy Head Countryside Centre open again

by: Roving Reporter Richard Stenson

The re-opened centre is worth another visit, especially to see the Beachy Head Story exhibition. The displays include an underwater blue room about fossils and chalk, the Shepherd Room, Wildlife Wall, Story Wall, Sea Wall, Artist's Palette and Gallery Walls, and the Lookout where you are encouraged to think like an archaeologist.

A nature trail and discovery booklet outlines a one hour walk between Heathy Brow and Bulling Dean, as seen rear from the inland looking picture window. There is a lot of content. I found the folklore references and themes fun. I now know why stones with holes are special. I may try to find and strike local flint and iron pyrites to produce a spark. The prominent witch on broomstick needs more explanation as it was to be shown with a video from Harry Potter on location -but permission was not granted for this clip from the 'Goblet of Fire movie'. The full skeleton of the 'the Beachy Head Woman' also tells a tale -and may prompt questions.

It is well designed and researched and will be a good activity base for children and visitors to Beachy Head high ground. The murals by Ellie Fryer flow round the walls. The small darker rooms have plenty of atmosphere. And the larger final room is nice and bright with Eastbourne Downland in view. A lot to see and read for the curious. The shop stocks Paynes honey at £7 a jar. The discovery trail is £1.50.

The Centre may open seven days a week , 9.30 to 17.30 and is manned by Eastbourne Heritage staff and volunteers (telephone: 01323 737273). It is set up as Friends of Beachy Head Countryside Centre Trading Ltd at BN20 7YA Beachy Head. Recent 'Beachy Head' searches link to Tiger pub and holiday cottages marketed at East Dean or other tourism sites. It provides a good attraction, information and shelter for locals and visitors. Also, it complements Birling Gap and Seven Sisters information centres each with public toilets.

As a stop-off for local walks there is a wide sitting area out front and is a potential meeting place for Beachy Head Ramblers: <https://www.visiteastbourne.com/heritage/visit>

Summer picnic

Thursday 8th July 3pm

Bring your own -and meet at High and Over car park on Alfriston to Seaford road.

Seaford walk and quiz

Thursday 12th August.

Meet at Martello tower car park 3pm where you can set off in groups for a walk around town with a quiz sheet. Return with your answers. There may even be a prize for the winners.

Fish and chip supper afterwards on the beach. Arrive say 5pm if you just want fish and chips.

David Fry

Who does what and when at BHR

The last AGM had to be postponed. So, everyone on the Beach Head Ramblers Committee is working on an "acting" basis. A bit (not at all) like Trump's appointees. (Can't you tell from the performances!)

There will be an AGM later in the year -where there will be a chance for everyone to get together. There will be formal proposals and the election of people to the roles required to run Beach Head Ramblers. So if you are interested please let us know. But, until that happens here is: who, what, why and when.

Committee Members

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Tick Alert. Be Tick aware

Now summer is here it is a good time to brush up on your knowledge of ticks, rather than brush up against them, with potentially dangerous consequences. Experts from across Europe, including scientists from the University of East London, have combed through all recorded incidents of ticks carrying the bacteria which causes Lyme disease, for the seven years between 2010 and 2017.

Unfortunately, the South of England is one of a handful of areas in Europe where the risks are **severe**. The tick which causes the trouble is called 'Ixodes ricinus'. In the International Journal of Health Geographics, the authors say: "The distribution of I. ricinus continues to expand northwards in latitude and upwards in altitude in Europe. The danger zone — covers London, Kent, East Sussex and parts of Essex — is on a par with Northern Italy, Romania, Switzerland and Norway when it comes to 'very high' populations of the blood-sucking critters.

Ticks are small arachnids (members of the Spider family), which feed off the blood of birds and mammals, including people. They can be found in most parts of the country. They are usually found in long grass, rough vegetation and woodland. They can also be found in urban parks and dog walking areas too. Ticks are most active from May to October, especially in warm weather.

Unfortunately some ticks carry the bacteria which causes the dangerous Lyme Disease. The symptoms of Lyme Disease are similar to those of influenza and anyone having flu-like symptoms, head-aches, muscle pain or joint pain, accompanied by a bulls-eye rash pattern on their skin after visiting the countryside, should talk to their doctor as soon as possible. Please visit [NHS Choices website](#) for more details.

Not all ticks will have the bacteria, although they are still an unwelcome presence on the host and they should be carefully removed with a special tick removal tool, which can be obtained from most vets or pet shops. Don't forget to check your dogs and cats too.

You can take simple steps to avoid coming into contact with ticks, such as:

- wearing long trousers
- check bare arms and legs for pinhead size ticks after all walks
- walking on clearly defined paths, to avoid brushing against vegetation
- avoiding dense vegetation
- wearing light-coloured clothing so ticks are easier to spot and brush off

Enjoy the countryside this summer, but try to **remember to be tick aware**.

More information about ticks and associated diseases is available from [Lyme Disease](#)

[ActionTagged:](#)

- [Lyme disease](#)

(Thanks to Sussex Wildlife Trust)

Hay Fever

Hay fever is a common allergic condition that affects up to one in five people at some point in their life. You'll experience hay fever symptoms if you have an allergic reaction to pollen. Pollen is a fine powder released by plants as part of their reproductive cycle. It contains proteins that can cause the nose, eyes, throat and sinuses (small air-filled cavities behind your cheekbones and forehead) to become swollen, irritated and inflamed.

Hay fever is usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

Symptoms of hay fever include: sneezing and coughing, a runny or blocked nose, itchy, red or watery eyes, itchy throat, mouth, nose and ears, loss of smell, pain around your temples and forehead, headache, earache, feeling tired
If you have asthma, you might also: have a tight feeling in your chest, be short of breath, wheeze and cough. Hay fever, unfortunately will last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

How to treat Hay Fever symptoms

There's currently no cure for Hay Fever, you cannot prevent it. But you can do things to ease your symptoms when the pollen count is high. Perhaps use one of those mask thingies which have become so popular. Or put Vaseline around your nostrils to trap pollen, wear wraparound sunglasses to stop pollen getting into your eyes, shower and change your clothes after you have been outside to reduce your pollen exposure. Some people swear by Devil Claw tincture. Others find putting a very thin smear of local honey on their eyelids alleviates sore, itchy eyes (It has to be local, because you are trying to use the small amounts of locally occurring pollens in the honey to desensitize the eyes' reaction. A bit like another fashionable thing, a vaccine). And we should all support our local bees. They have suffered a disastrous winter, during which many bee colonies collapsed.

Walk the Walk

Some people just walk. Walking comes naturally doesn't it? But have you ever thought that a bit of Science might help you walk better, for longer and in greater comfort?

The walking mags a full of "anecdotal" evidence that this stride length or these orthotic insoles might cure this niggles -or even some long-term problems. Teams of scientists including some from University College London concluded in tortuous prose: "Hence, walking faster, executed through higher cadence, could be considered as a conservative speed-regulating strategy for those with knee joint pathology. Such gait retraining strategies, based on subtle changes in stride length or cadence, could be easily practised and learned using a treadmill"

They are going to do some more research (and perhaps some lessons in clear, concise prose). But what they mean is: it might be a lot better, if you need to walk faster, to increase the number of strides you make, rather than lengthen your stride.

It has long been known that the best walking style is to keep the head, the shoulders, the hips and the feet in line. To do this you have to take fairly short strides. Further, you have to walk so that you land on the balls of your feet. Not your toes. Definitely not your heels. Try -and see if that helps. We would be interested to know what works for you.

Sole Music

When is an insole, not an insole? Answer, when it is a foot-bed. Silly us for not knowing. But is this just marketing-speak to sell overpriced chunks of "supposedly" miracle foam? We think that there is some evidence that it isn't just marketing jargon. The International Olympic Committee has banned some foams because they give athletes using them too much of an advantage.

A study on the NYPD concluded that: "customized insoles relieve post work discomfort in healthy individuals whose jobs require long periods of standing and walking. CompuSole insoles were worn by 122 New York City Police Department officers for up to 5 weeks for an average of 7 hours per day. The officers walked an average of 3 miles per day. Before the study, one-fifth of the police officers in this study experienced foot pain or discomfort at the end of their workday; 15% had calluses, corns, or athlete's foot; 18% had sought treatment for a foot problem in the past; and 20% had worn foot orthoses. There was a significant reduction in tiredness in the feet at the end of the day after wearing the insoles, but no improvement in back or leg discomfort. At the end of the workday, 68% had less foot discomfort and 60% were more comfortable at work when wearing the insoles."

But even more extravagant claims are made for Enertor insoles which are endorsed by Usain Bolt. " The new Enertor off the shelf device is entirely forward thinking in its design, from the historical perspective of supporting the arch this insole guides

the foot to function in a safe and supported way by encouraging the foot to do the work. This design feature combined with the shock absorbing qualities of the PX1 material not only provides comfort but also protection from excessive load bearing activity. With podiatry leaning towards activating the musculature of the foot to work better this absolutely ticks all the boxes. Active control of the foot trumps physical support. " Paul Donnelly - **Senior**

Podiatrist

Well we have tried them -and they certainly seem to keep our feet happy for longer and significantly reduce foot ache after 15 mile+ walks. Let us know what works for you.

Great Golf balls

Plantar fasciitis