

Worcester & Droitwich NCT - Droitwich LIDO Walk FAQs

Do I need to be a NCT member?

No, not at all but membership supports our charity and there are lots of member benefits. There is a concessionary discount for families earning under £28,000 per year (£10 per year) and a volunteer discount (£26 per year) too: <https://www.nct.org.uk/get-involved/membership>

How much does it cost?

Our walks are **FREE!** However, if you do wish to donate to the charity here is the JustGiving page: <https://www.justgiving.com/tnc> currently we are unable to accept cash donations.

How do I book my place?

Follow our Facebook page: <https://www.facebook.com/WorcesterandDroitwichNCT> to find the weekly links to book your place on the walk. Right now, this walk is limited to a maximum of 8 adults, including the volunteer, so spaces can be booked up very quickly.

I can only book a place for one adult and one infant, but I want to bring two.

Please book a place and contact us via our Facebook Page and we will do our best to accommodate you.

What time does it start?

We start walking at 12.30pm prompt. This means walkers are not waiting around in the elements. Please allow yourself enough time to get ready.

Can I bring a dog?

Yes, friendly dogs are welcome but please be sensitive to others on the walk as to whether to keep your dog on a lead. Also, please clear up after your dog!

Can I bring a friend or family member?

Yes, of course, but while our numbers are limited under COVID-19 restrictions, please let us know when booking your place if you will be bringing another walker as they will count towards the total number of adults.

Can I use a buggy?

The route is accessible for buggies, but (particularly in winter) the paths can be very muddy. For the winter months we will stick to the path, but as the weather improves we will use some of the other routes where a sling or baby carrier would be better, but if you would rather bring a buggy that can cope with the terrain then you are more than welcome to do so.

Can my toddler walk with the group?

We welcome toddlers in slings, carriers or buggies but not walking. While the route is not challenging for toddlers, we find that they can often slow up the rest of the group which causes babies (and adults!) to get cold.

When can I start walking?

We recommend having your 8-week postnatal check before walking. Please introduce yourself to one of our walk leaders.

How much is parking?

Parking currently at the Droitwich LIDO is free, due to COVID 19, but in case this, changes please ensure that you can some small change to cover the parking cost. The Ring Go App works but for up to 2 hours it is £2.

Where is the walk?

We walk a route past the band stand, wooden carving and café, then past the ball games area, parks up to the top and then back down the same path where we will then go down the other path alongside the ball games area and park which brings us out by the LIDO we will then take the path the other side of the band stand. This is a short currently walk due to limited pushchair friendly paths with the weather but as the walk develops, I will keep everyone updated. On site there is also a café, toilets and a children's play area, which once the walk has ended you are welcome to use but please follow current government guidance with social distancing and group numbers as this will not be part of the walk. The address is: **DROITWICH SPA LIDO PARK, WORCESTER ROAD, DROITWICH SPA, WR9 8AA**. We will meet for the walk to the right-hand side by the parking meter as you face the park.

When I get to meeting point, how will I know who is with the NCT group?

Look out for our friendly volunteer walk leaders, they will be wearing NCT t-shirts/high visibility jackets/NCT lanyards. Please introduce yourself to them so they can ensure everyone who is due to attend the walk is present.

What happens if my baby/ toddler needs a feed or change?

There are baby changing facilities within the public toilets by the café at the beginning of the walk, however should you need to stop along the route, the whole group will wait for you until you are ready to continue walking. Please don't feel bad about asking to stop, invariably when one stops, others will also use the opportunity to have a feed. It's an important part of the ethos of the group.

I haven't got a car, what can I do?

The following bus routes pass Droitwich Lido via bus, 144 and 144a. **Follow this link or search local bus timetables for more information.** [144 Route: Schedules, Stops & Maps - Worcester \(moovitapp.com\)](#)

The weather doesn't look good, how do I know if the walk is going ahead?

Have a look in the Worcester and Droitwich NCT Facebook page, one of the walk leaders will post on the group. We aim to walk every week except in extreme weather conditions. Please post if you're planning on walking, it helps our Walk Leaders gauge interest and plan.

What should I wear...

Please wear weather appropriate clothing and footwear, the paths can often be muddy and uneven.

...in the cold weather?

If you are babywearing it depends on your sling, we recommend using layers. Please remember when dressing your baby that you are classed as one layer and the sling is classed as another. Here are some good articles for suggestions for safe babywearing in the colder weather <http://www.sheffieldslingsurgery.co.uk/snowsuits-scarves-slings-and-safety/> and <https://southlondonslings.co.uk/2013/11/12/carrying-in-the-cold/>

...in hot weather?

Here are some links to safe babywearing in warmer weather:

<https://sheffieldslingsurgery.wordpress.com/2014/07/22/summer-slings-and-keeping-safe/> Please keep hydrated.

How long does the walk last?

The route normally takes between 40 and 50 minutes depending on the pace of the group and allowing for a couple of short stops.

Is there a visit to the park or café after the walk?

Right now, due to the COVID-19 restrictions we are not gathering formally after the walk for a drink, snack and play on the park. If individuals choose to stay and enjoy the facilities they do so at their own risk. Often the walk leaders will treat themselves to a coffee after the walk too!

How do the COVID-19 restrictions affect the walk?

Currently government regulations allow up to 15 adults to join our walks including volunteers as we are a charity providing child and parent support. We are determined to keep everyone safe as we meet and have strict safety requirements to adhere to. These include limiting group numbers and using a booking system to ensure we know who will be coming. We do ask you that if you or your child have any symptoms of COVID-19 that you do not attend the walk and follow government guidelines in relation to isolating. During the walk, we would always ask you to remain socially distanced, we encourage you to bring your own face masks and hand sanitiser if you wish to, and please do not touch or share other people's items.

I'd like to volunteer with NCT. How do I go about it?

We welcome volunteers to a range of roles. It is a great way of making friends and developing skills. We have a number of roles vacant within the Worcester and Droitwich branch, please contact us via our Facebook page or talk with one of the walk leaders to find out more.