



June Adventure Update

Introduction from Wayne Diffin, former Life Guard soldier & GVMC Founder leader



Good day everyone,

My names Wayne and I'm the Team Captain, Club founder and basically responsible for everything you are seeing and hearing to do with our team. Our campaign is to help and support both veterans and serving troops in a unique way, using the fantastic benefits that our chosen sport and activities generate to improve wellbeing and mental health.

I do not want gratitude or praise- in fact, I've been trying my hardest to stay out of the lime light as I believe that should be reserved for those we seek to represent, to showcase your adventures and progress and how amazing you all are. However, if you cannot resist and do wish to convey thanks then please do so by joining our hosted meets in the mountains!

For now though I invite you to join us as we recollect our past month's journey of adventure, and to get some insight into the activities available in the coming months. My hope is that we can provide these exciting team updates on a regular occurrence.

Wayne Diffin, GVMC Founder & former Life Guard soldier

First up - The next team meet for the GVMC club members



1/8/21- Snowdonia National Park.

Group leader and aspiring mountain leader Joel Evans will be taking point to lead our team up the Nantle Ridge, a grade -1 scramble route which is pretty steep and fairly hard going with low technicality making it suitable and still breath taking to all. You can read more about this route on page 234 of Steve Ashtons scrambles.

Full meet up details and start point can be found in **club comms**

Team Meet Report 1- June

Outdoor Climbing introduction- 19th June- Peak District

Present-

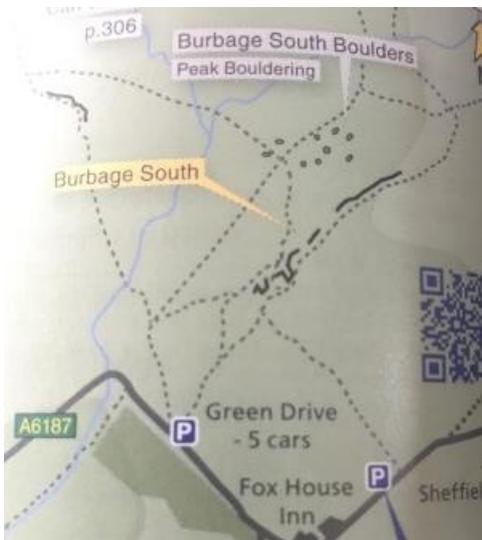
- Nick- former Grenadier Guards- RCI
- Wayne- former Life Guards- Trainee mountain leader/ Team Captain
- Dave- Civilian liaison- Friend/competent climber
- Thomas- former RLC- trainee mountain leader
- Ian- former RLC- Beginner sport climber

Led and hosted by team member and former Grenadier Guard Nick Rowe, a qualified rock climbing instructor with his own mountaineering and climbing adventure business (<https://www.nicksoutdoors.co.uk/>). There were 5 of us on the day and everything flowed nice and much was learned. We participated in easy grade short rock climbs on the gritstone edge at Burbage North. The walk-in was stunning and the weather was really good presenting us with incredible grit stone rock to climb on.

Topics covered during the day -

Crag safety/ tying in/ correct fitting of harness/ setting top ropes/ the difference between bottom

roping and top roping/ belay instruction/ basic climbing techniques/ talks about mountain-based career possibilities.



Team Meet Report 2- June

Mountain Meet- 26th June- Lake District- Hevellyn and the ridges

Present-

- Wayne- former Life Guards- Trainee mountain leader/ Team Captain
- Joel- former Blues and Royals- Team member

In Wayne and Joel's own words, "It was a shame no one else was able to make the meet, but despite that the day was brilliant and atmospheric! We also did a little PR work with helping and supporting the confidence of others on the hill, and unfortunately one walker took a short fall due to a slip!! He was fine and no serious injury but it could have been much worse. When you are in the hills you have to remember that you can have serious accidents! All in all, the day was as brilliant and needed as always."



Team Hut project update-

Our contact at the farm has taken a serious fall but is otherwise ok and repairing. As a result we still have no further information on the potential for us to create our first team hut, but we are still keen to get a hut for our members to use.

Members Announcements

BMC Club Membership -

All club members are now required to pay a sum of £20.25- this covers your club BMC membership, as a Club BMC member you also get all the benefits of the BMC. Please visit the BMC pages for further details. <https://www.thebmc.co.uk/>

Annual General Meeting- Club members only.

Our first AGM will be on the **15th August 2021 at 1900 hrs**. The AGM is important for members as it gives the committee the chance to relay all the information on what's been happening during the year and it gives club members the chance to make suggestions and give their feedback.

