

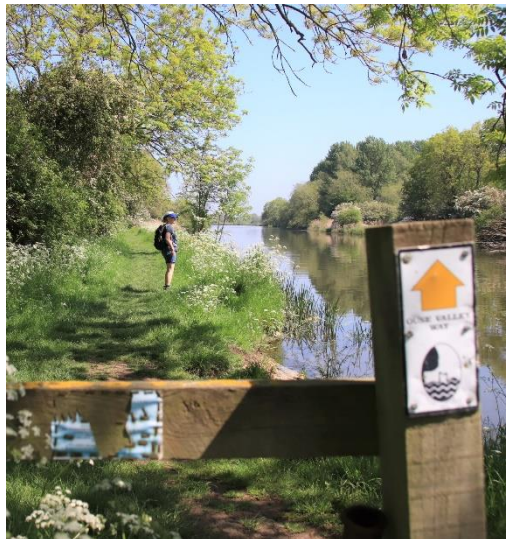


www.greatousevalleytrust.org.uk

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CELIA WOOLLEY'S OUSE VALLEY WAY LOCKDOWN CHALLENGE

St Neots resident tackles the 150-mile footpath for charity



- **The Ouse Valley Way (OVW) is one of the longest river valley walks in the country**
 - **Lockdown leads to a personal challenge**
- **Benefitting charities are Progressive Supranuclear Palsy (PSP) and the Great Ouse Valley Trust (GOVT)**
 - **Promotes the path and our beautiful river valley**

A year ago Celia Woolley, a 53-yearold Accounts Assistant for a St Neots logistics company, was furloughed and feared for her job. She is an occasional walker with no particular map-reading skills and found herself one day enjoying a stroll at Paxton Pits Nature Reserve to help ease her mind. It was warm and sunny and although the surroundings were beautiful she felt she needed something different to do with her time, but wasn't sure what. Suddenly she spotted an OVW sign alongside the river. That was it! She decided there and then to walk the

whole length of our local long-distance footpath. Having made the commitment by telling her friends and family, she realized she had no idea how long the path is (150 miles) and where it begins (Syresham in Northamptonshire) and ends (Kings Lynn in Norfolk).

She says, 'On doing research I found that there weren't really any proper guide books for the footpath, only a few leaflets for sections of the walk and a few blogs. That is when I thought why not write one? My second challenge to myself was then made!'

A year on, GOVT is delighted to be promoting Celia on her epic challenge which starts on 14 August and finishes on 26 August. Her planning has been meticulous with daily stretches varying from 8 to 20 miles and overnight stops booked along the way. GOVT is pleased that the Trust has just renovated all the OVV information panels on the path through the Cambridgeshire section, and so we very much hope Celia will now be well guided and informed through our county!

Celia will be posting regular reports of her progress and experiences on the GOVT Facebook page and she can also be followed on Instagram.

Should you wish to support Celia's charities you can donate to the PSP Association at pspassociation.org.uk and to GOVT at greatousevalleytrust.org.uk

Editors: please contact Celia Woolley for interview on 07824 137255 or at cgwoolley@hotmail.co.uk and see notes on GOVT and its vision.

What is the Great Ouse Valley Trust?

The Great Ouse Valley Trust (GOVT) is a charity formed in October 2018 with the charitable objective 'To promote for public benefit the conservation, restoration, and enjoyment of the landscape, wildlife and heritage of the Great Ouse Valley and environs in the county of Cambridgeshire.'

Members include local councils, the local Wildlife Trust, individuals and environmental groups.

The Trust's Vision recognises the Great Ouse Valley is a fantastic place to live and visit, with off the beaten track areas to explore by foot, cycle or horse. The area is nationally recognised and valued for its wildlife, leisure, natural and heritage attractions which contribute to the county's natural green spaces. This is achieved by GOVT being the catalyst which brings national organisations, local communities and individual people together for the common good.

GOVT's mission covers:

- **Enhancement of landscape** – increased biodiversity
- **Promotion** - sense of place, tourism and local economy, health benefits
 - **Protection** – active conservation and campaigning
 - **Access** for all – residents and visitors, disabled
- **Partnerships** and alliances: groups working together
- **Increased engagement** – education, volunteering

What is the PSPA?

The Progressive Supranuclear Palsy Association is a national charity offering support and information to people living with PSP and CBD (Corticobasal degeneration), while funding research into treatments and ultimately a cure. Both conditions are rare and cause gradually worsening problems with movement, speech, memory and swallowing.