

Pudding Club

the key things before your first evening

Thursdays, 6.30 to 8.30pm, in woodland near Saffron Walden

Getting there

- We meet at the meeting point at 6.30pm and **walk in together**, and walk out together at the end. Please stay with the group for both.
- The path is uneven and, for much of the year, dark.
- Arriving late or leaving early? Tell the leader beforehand and we'll walk you in or out.

What to bring

- **A head torch**, not a phone torch. You need both hands free.
- Wellies or waterproof boots, with warm socks.
- Waterproof trousers and a waterproof coat.
- More layers than you think you need, a warm hat, and gloves you can slip off for carving.
- Long sleeves and full-length trousers, even in summer.
- Your dinner, if you'd like to cook on the fire. We provide hot drinks and the pudding.
- Forgotten something? We keep spare waterproofs, hats and head torches.

Around the fire

- **Walk, never run**, around the fire circle.
- Walk round the outside of the log circle and step in at the entrance.
- Only wood goes on the fire: no leaves, no rubbish.
- Tie long hair back and keep scarves and loose clothing clear of the flames.
- Tell the leader if you feel too hot or too close.

Knives and tools

- You'll be **taught one to one** before using a knife. After that you carve on your own, within sight of the leader.
- Use tools in the tool area, away from the fire and from where people walk.
- Walk when carrying a tool. Keep the blade pointing away from you.
- Keep an arm's length plus the tool's length clear all round you.
- Cut-resistant gloves are provided. Tools are counted back in at the end.

In the dark

- Stay inside the boundaries. They're marked with tape and shown to you on your first evening.
- Everyone is given a **whistle** at the start of the evening. Keep it on you.
- Leaving the fire circle, for the toilet, a walk or your car? Tell someone, take a torch and your whistle, and ask for company if you'd like it.
- Need help while you're away from the circle? **Blow your whistle** and one of us will come to you.
- **Three long blasts** from the log circle means come straight back to it.
- Move slowly and give the fire and anyone carving a bit more space.

Looking after yourself

- Tell us about any **medical condition or allergy** when you book.
- If you carry emergency medication, bring it every week and keep it on you.
- Please don't eat or pick anything growing in the woods.
- Check yourself for ticks when you get home.
- Feeling unwell? Stay at home and come next week.

Our group agreement

- Pudding Club is **alcohol-free**. Please don't bring any, or come having had a drink.
- No smoking or vaping in the fire circle or tool area.
- Ask before you photograph anyone.
- If something isn't right between people, tell the leader. We'll listen to everyone involved and keep it between the people concerned.
- Aggressive behaviour is stopped straight away, and harassment ends someone's place at Pudding Club.