

News Bulletin 39

26th May 2021

Charity Number 1099003

Hello Everyone,

I hope life is treating you well and you are enjoying a little more freedom. It's lovely to see the information coming through that some of our groups are able to meet in some ways. Even if it's just six for a coffee it's almost like a holiday to meet up and have a chat with your friends and family. I am also enjoying the fact that hugs are back on the agenda too. I haven't yet made any attempt to have my hair cut and so my hair is now as it was when I was 18, I tried telling my grandsons I was a Rock Chick but they just laughed and said "Nana you're 66!"

It's been a busy couple of weeks, last week as Federation Chairman I was invited to the local rally of the Inner Wheel, the female equivalent of the Rotary Club, it was very interesting to hear about all the work they do for charitable purposes. I also attended the Webinar organised by NFWI on Women In Leadership focussing on Climate Change, Covid recovery and Gender Equality, with a wide range of speakers from different backgrounds it certainly provided plenty of food for thought.

Plans are well under way for the National Annual Meeting and all our representatives and delegates have registered for their places. Don't forget if you want to attend as an observer, it's not too late to apply for a ticket, just log on to My WI and you can book your place via the website.

My own WI had two events this week, our regular meeting was a zoom meeting when we had Paulus the Cabaret Geek to talk to us, you can see the pictures elsewhere in the newsletter. We also had a socially distanced meet-up in the Biddick Inn, where tables were set up in sixes, we enjoyed seeing each other whilst having coffee and cake and we can't wait to do it again.

Don't forget the two Federation events coming soon, Thursday 27 May our speaker on Conspiracy Theories who will give us lots to think about and the virtual craft session On Saturday June 5 at 10.30 the subject is Paper Roses and to put your mind at rest – I promise not to sing!

Please take a look at what we have planned in the next few months and come and join us if you can, it will be fantastic to see you.



Federation Dates for your Diary – all our events are free

Date & Time	Event	ID/ Password
Thursday May 27 th 7pm	Conspiracy Theories – Andy Thomas is one of the UK's leading researchers into unexplained mysteries and conspiracy theories. His many books include the acclaimed The Truth Agenda , which explores paranormal phenomena, global cover-ups and prophecies, and Vital Signs, widely described as the definitive guide to the controversial crop circle phenomenon and nominated for Kindred Spirit magazine's Best Book award. Check out his work and join us for an interesting evening Conspiracies – Truth Agenda	859 3659 1602 075874
Saturday 26 th June 2pm	Walk –Herrington Park – Meet in the car park at 2pm for a leisurely stroll around the park. If you don't want to walk, just bring a chair and your flask/picnic and enjoy the company – details below	<i>(we will be walking in line with government guidelines)</i>
Thursday 24 th June 7pm	Karen Tann – Zumba Exercise – something a little different for the Federation, please join with a floaty/chiffon/silky lightweight scarf and two wooden spoons (or similar) ready for some of the exercises.	856 5092 4587 676010
Thursday 15 th July 2021 at 7pm	Below Deck - What really goes on behind the scenes on a cruise ship! Kevin Reay and Adam Allinson have both travelled the world working onboard numerous cruise ships! Find out the juicy tales of what really goes on below deck in this entertaining presentation! No topic is off limits!	859 6474 3774 933143
Wednesday 21 st July 10.30am	Cleadon Hill Walk. The route is a 5.28-mile ramble over the hills and the coastal path at South Shields. Meet at 10.30am at the Marsden Inn car park.	<i>(we will be walking in line with government guidelines)</i>
New Saturday August 7 th 1pm	WI Pride Party Picnic in the Park – Details below	
Wednesday 18 th August 2021 10.30am	Washington Riverside Walk – The route is 6.18 mile stroll along the river over the golf course with Penshaw monument in the distance. Meet at 10.30am at the Biddick Pub car park.	<i>(we will be walking in line with government guidelines)</i>

Thursday 16 th September 2021 7pm	The Plague Doctor exiled Geordie, living in the glorious Peak District..... and with a very entertaining and different story to tell.	840 6630 7320 212507
New Thursday October 21 st 6.45	Autumn Council – with a special speaker for Halloween - Adrian Perkins. See details further on	Issued once requested
CRAFT DEMONSTRATIONS		
Sat June 5 th , 2021 10.30am	Paper Roses	841 2831 2909 paperroses
Sat 3 rd July 2021 10.30am	Rubber Stamping - first steps to make us all artists.	849 9638 7253 647173
Sat 4 th September 2021 10.30 am	Vases for nothing - up cycling to make pretty containers	889 2126 3196 418846
Sat 2 nd October 2021 10.30am	Modelling with lightweight air-dry clay	830 4198 8597 994216

Herrington Park Walk and Get Together 2 pm Saturday 26th June.



Originally planned as a walk around the park our discussions with members have indicated that not everyone would want to /or are able to walk but would love the chance to see other members and friends and family. We are therefore extending this to anyone who wants to come out and meet WI related friends. Bring a chair, an umbrella, sun cream, your sandwiches and coffee - although there is a cafe on site and an ice cream van too!

We will gather on the grassed area in front of the main car park, near toilets, cafe and the play area if you want to have a go on the swings! Those who wish to walk can walk and those who wish can stay behind and enjoy the company. An ideal outing if you're making your first tentative steps back into the world. See you there!





Celebrate Pride (June – September) with us at the WI Pride Party Picnic in the Park– *Saturday August 7th 1pm – Drewetts Park, Jarrow*

Pride is a public statement and celebration of the LGBT+ community and includes marches, parades and festivals across the world. The WI is a place for all women and we champion equality in society.

Come and join us for an afternoon of fun and friendship! Bring your picnic, chair, dress in rainbow colours and let us celebrate the joy of being together.

Drewetts Park – known locally as Charlies Park is ideally situated between St Pauls Church Monastery and Jarrow Hall with its lovely garden. Jarrow Hall is also home to the well respected Hive Coffee Shop, so if you don't want to bring a picnic you can get food and drink there. There is lots of parking in the vicinity and the number 27 bus from Heworth metro stops right outside.

Whatever the weather WI'll be together. National have designed this wordsearch to get you going and there are lots more activities on the website [My WI | What do you know about Pride? \(thewi.org.uk\)](http://thewi.org.uk)

V U O M P A D J
Q L T L U R P R I D E P
P H E T M H P A I M G J E U X H
S Z O S G P M P I W X E Q U A L I T Y I
L B P B V A N R H V N S C R F J Y M S R C
P K P I L R E P R E S E N T A T I O N F Z
X M R A B A I P R O T E S T T B H U W W G
N K E N I D P U S C V Q E C R U F B M S P
B U S L S E D L T O L O V E A F N P B K D
U S B E P I A O M F A Y L N R M I R B
L I D X P V L N M P C P E S D F H F A
O Z U Q E L E U I C R B N M H J G
N M A M R Y W N N E E R M A U Q W
A L F S B A I C P J A S R V V
M L I V L T L T U T D C C
O T Y L Y U A D I F H
Y O R J S N I O S
F M J I C C N
C N O E E
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M

ACCEPTANCE
DIVERSITY
LOVE
PRIDE

ALLY
EQUALITY
MARCH
PROTEST

BISEXUAL
GAY
OPPRESSION
REPRESENTATION

CELEBRATION
INCLUSION
PARADE
STONEWALL

COMMUNITY
LESBIAN
PREJUDICE
TRANS



Autumn Council Meeting - By Zoom. Thursday 21st October 21 starts 6.45pm

Free to attend but please register with the office beforehand as places are limited



Our speaker will be Adrian Perkins the ghost Detective. Be prepared for some spine-chilling different ghost stories.

[The Ghost Detective | England | Adrian Perkins.](http://TheGhostDetective.com)
(ghost-detective.com)

Author Adrian Perkins lives in Northampton and has been writing since the early nineties. From an early age, his own personal experiences,

and tales of ghosts and spirits fascinated him. Adrian has always collected books on true ghost stories, but there was a problem. His collection of books highlighted the persistent repetition of well-known ghost stories. These stories began showing up in book after books. This repetition became such an annoyance Adrian decided to do something about it. In the early 2000's he decided to contact the local BBC radio station and they invited him in. After explaining on-air his quest to find new stories to write about and publish, the radio station opened up the phone lines for people to talk to Adrian, live, or leave their contact details off-air. This move proved so successful two years later Adrian's first book of 32 eyewitness accounts, Ghost Detective 1, was on sale in high-street shops and available across the UK. After this success Adrian wanted to take things further than simply collecting eyewitness stories, he wanted to investigate locations for himself.

In each of the Ghost Detective books, from number two onward, Adrian details several investigations separated by eyewitness accounts. Now working on book nine, Adrian has no intention of stopping or slowing down on the investigation front.



We have also decided to run a Competition and all the entries will be shown in the meeting along with the results.

‘Pandemic Piece’

We would like you to submit something made by yourself during the pandemic i.e., since March 2020 - October 2021. The competition items must be no larger than 10 inches / 25 cm in any direction.

Competition entries to be delivered to the Federation office during office hours 9 am - 2 pm on 12, 13 and 14 October 2021, where they will be judged before the council meeting and results will be announced at the meeting.

You can enter as many items as you wish, each item to be accompanied by a sealed envelope containing £2 entry fee and a slip of paper outlining the makers name, telephone number and WI. Prizes of £15 (1st), £10 (2nd) and £5 (3rd) will be awarded.

The criteria for judging will be:

- Item must be handcrafted.
- Fit for purpose.
- The quality of work.
- Conforms to schedule.

We look forward to receiving lots of entries as we know you have all been busy bees during lockdown.

Invites from WI's

Washington Concord Tuesday June 1st 2pm.....Frances Carlow. The Pearl lady. Frances will introduce us to the world of the oldest and only living gemstone, the Pearl. She will share her passion with us giving us the history of the Pearl and showing us her beautiful and vast collection. Please email Evelyn for details: nanclark2005@yahoo.co.uk

Jarrow WI Tuesday 8th June, 7.15pm for Federation members. You are kindly invited to join our meeting where our speaker will be **Speaker - Stephen Wells**. His talk will be **'The curious incident of Agatha Christie'**. On December 3, 1926 36-year-old Agatha Christie left her home in Berkshire and drove her Morris Cowley car towards Surrey. The next morning the vehicle was found abandoned with her fur coat, briefcase and a driving licence left inside. Agatha Christie had vanished without trace! . **What really did happen and why did she never talk about it?** Please email Debra Phippen at jarrowwi@gmail.com for joining details

Bowes Belles WI invite you to their charity auction in support of Gateshead Foodbank which is being held on Tuesday 15th June at 7pm.

Email bowesbelleswi@gmail.com no later than 31st May to take part in the auction

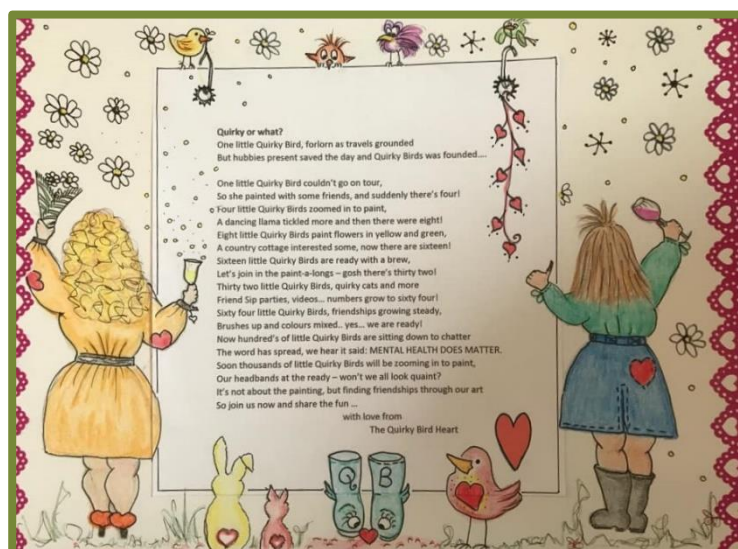
Have you been on a course with Denman at home why not give us your feedback and some photos of what you did.

May 27, 2021		Thursday
all-day	● Online Course : Accessible Shakespeare with Simon – Measure for Measure	
all-day	● Online Course : Pat's Easy Log Cabin – Demonstration and Q&A	
all-day	● Online Course : Peter's Talk – 'These Foolish Things' – Follies Around England (Daytime)	
May 28, 2021		Friday
all-day	● Online Course : Friday Night Chill-Out with Elaine (May)	
all-day	● Online Course : Simon's Talk 'A Stroll Through Bloomsbury' (Daytime)	
all-day	● Online Course : Stitched Art Journal & Album Covers with Claire	
May 29, 2021		Saturday
all-day	● Online Course : Decoupage a Wooden Trinket Box with Janine (Saturday)	



Read and Rhyme

Julie Booker, Secretary Tickton WI has kindly given us permission to share her lovely picture and fabulous poem (below) she made for her art journal at the free Paint-a-Long with Quirky Birds for The WI (National Federation of Women's Institutes) on Friday, 14th May. Lynn Barrow, Quirky Birds said "When I was originally contacted to be involved in the Me, Myself and WI project for National Mental Health Awareness Week I was asked to come up with a design that showed women coming back together now that lockdown restrictions have been slightly lifted. The 'Friend-Sip' design just fitted perfectly." We, along with a few hundred others attended the session, which was wonderful, being a Quirky Bird has been a lifeline to many!



The poem reads

Quirky or what?

One little quirky bird, forlorn as travels grounded.

But hobbies present saved the day and Quirky Birds was founded.

One little quirky bird couldn't go on tour, so she painted with some friends and suddenly there's four!

Four little quirky birds zoomed into paint, A dancing llama tickled more and then there were eight!
Eight little quirky birds paint flowers in yellow and green, a country cottage interested some, now there are sixteen!

Sixteen little quirky birds are ready with a brew, Lets join in the paint alongs – gosh there's thirty-two!
Thirty two quirky birds, quirky cats and more, Friend sip parties, videos ...number grow to sixty four!
Sixty four little quirky birds, friendships growing steady, brushes up and colours mixed ...yes.. we are ready !!

Now hundreds of little quirky birds are sitting down to chatter, the word has spread, we hear it said:
MENTAL HEALTH DOES MATTER.

Soon thousands of little Quirky Birds will be zooming into paint, our headbands at the ready – wont we all look quaint ?

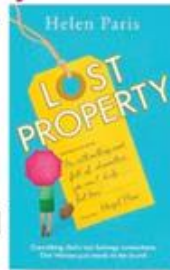
Its not about the painting, but finding friendships through our art, so join us now and share the fun...

With love from the Quirky Bird Heart

Lost Property

by Helen Paris (£14.99, HB, Transworld)

Dot works at the Lost Property Office in Baker Street, where she is custodian of lost items. In her dedicated quest to reconnect people with their lost property, she becomes deeply moved by the emotional significance of memories attached to some of these lost-and-found items. Along the way, Dot's own buried recollections begin to surface and she realises that her comfort zones have become a repository of guilty secrets. A book full of compassion and human frailty.



The Widower

by Christobel Kent (£18.99, HB, Little, Brown)

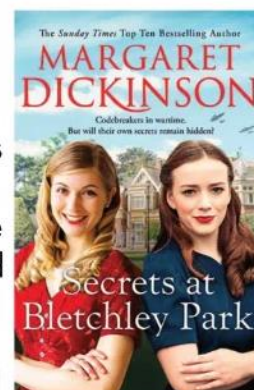
When her sister Kate suddenly dies, Rose packs up her life to care for Kate's baby, Jamie, and her stepdaughter, Serena, in her remote home. Seemingly cut off from everyone, Rose begins to question if Kate was happy and if Evan, her partner, could have done more to save her. Can Kate tell Rose what happened from beyond the grave?



Secrets at Bletchley Park

by Margaret Dickinson (£7.99, PB, Pan Macmillan)

There's nothing like a story set at the once top-secret home of the Codebreakers, and this latest novel from the *Sunday Times* Bestseller reveals again just how important women were at this crucial time in history. When Mattie and Victoria meet to work at the iconic Bletchley Park, they couldn't be more different – Mattie rescued from a tough family life, but recognised for her abilities, and Victoria hailing from wealthy Kensington. As an unlikely friendship develops, they strive to keep the nation's secrets, but then they're both used to keeping their own secrets...



KITCHEN GARDEN

Summer fruit trifle

Serves: 10 **Prep:** 25 mins (+ overnight setting)

- ☐ 12 trifle sponge fingers
- ☐ 200g (7oz) fresh strawberries, washed, destalked and quartered
- ☐ 2 sachets of strawberry flavour jelly crystals plus 285ml (10fl oz) of hot water
- ☐ 3 tbsp maple syrup
- ☐ 300ml (10fl oz) ready-made custard
- ☐ 125ml (4½ fl oz) whipping cream
- ☐ 125g (4½ oz) fresh raspberries
- ☐ 125g (4½ oz) fresh blueberries
- ☐ 100g (4oz) fresh blackberries

1. Break the sponge fingers into pieces and place in the base of the trifle dish. Scatter with a handful of strawberries
2. Dissolve one sachet of jelly crystals in 285ml (10 fl oz) of boiling water and add the maple syrup. Pour over the sponge fingers and strawberries and leave to set overnight in the fridge.
3. Spread a layer of cold custard over the set jelly and strawberries and top with raspberries, blueberries and blackberries and set aside – leave enough for the topping. Repeat the process for a second layer of jelly and fruit.
4. In a separate bowl, whip the cream to form stiff peaks and generously spread a thick layer on top of the fruit.
5. Decorate with the remaining strawberries and raspberries, blueberries and blackberries and chill to set before serving.

Per serving: 241 cals, 7g fat (3.5g sat fat), 30g sugar, 0.1g salt



MAPLEFROMCANADA.CO.UK



GF LOW SAT FAT, VEGETARIAN

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Frozen strawberry, maple & yogurt bark

Serves: 12 **Prep:** 15 mins (+ overnight freezing) **Cook:** None

- ☐ 4 tbsp maple syrup
- ☐ 250g (8½ oz) low-fat Greek yogurt
- ☐ 1 tsp vanilla extract
- ☐ ½ tsp lemon juice
- ☐ 100g (4oz) selection of fresh berries
- ☐ 30g (1oz) roasted almonds (roughly chopped)

1. Put the maple syrup, Greek yogurt, vanilla extract and lemon juice in a bowl and whisk together.
2. Pour the mixture into a tray lined with parchment paper and stud with the fruits and chopped nuts.
3. Leave to freeze overnight. Once frozen, remove from the freezer and slice into shards. Either serve immediately or place back in the freezer to enjoy later.

Per serving: 52 cals, 2g fat (0.5g sat fat), 6g sugar, 0.1g salt

From cooling summer drinks to pineapple upside down cake why not make more of that tin of pineapples lurking at the back of the cupboard?

WEEKEND FRUIT

**PINEAPPLE
UPSIDE-DOWN
CAKE**



5 WAYS WITH CANNED PINEAPPLE

Pineapple & cherry upside-down cake

■ Heat the oven to 180C/160C fan/gas 4. For the topping, beat **50g softened butter** and **50g light brown soft sugar** until creamy. Spread over the base and a quarter of the way up the sides of a 20-21cm round cake tin. Arrange **7 pineapple rings** (in syrup, drained and syrup reserved) on top, then place a **glacé cherry** in the centre of each ring. For the cake, put **100g softened butter**, **100g golden caster sugar**, **100g self-raising flour**, **1 tsp baking powder**, **1 tsp vanilla extract** and **2 eggs** in a bowl along with **2 tbsp pineapple syrup** and beat to a soft consistency with an electric whisk. Spoon into the tin on top of the pineapple and smooth the top. Bake for 35 mins. Stand for 5 mins, then turn out. Serve warm with **ice cream or custard**. Serves 6.

Pineapple & coconut smoothie

■ Tip a **435g can pineapple in juice** into a blender with **2 bananas** and **400ml can coconut milk** and crushed ice. Blitz until smooth, then pour into glasses. Serves 2.

Pineapple & mint granita

■ Blitz a **425g can pineapple in syrup**, the **zest and juice of 1 lime** and 100ml cold water until smooth in a food processor. Finely chop a **small handful of mint leaves** and stir through the mixture. Pour into a freezer-safe container and freeze for 3-4 hrs or until set, breaking up the granita with a fork every hour. Serve the granita in dessert glasses, top with a mint leaf, and eat with a spoon. Serves 4.

Pineapple cheesecake bites

■ Beat **1 tbsp icing sugar** and **½ tsp vanilla extract** into **4 tbsp cream cheese**. Spread over **4 digestive biscuits** then top each one with a **pineapple ring**. Makes 4.

Tropical fruit salad with lemongrass syrup

■ Drain the juice from a **425g can pineapple chunks** into a pan and put the **chunks** in a serving bowl. Put **2 crushed lemongrass stalks** and **85g sugar** into the pan and heat gently to dissolve the sugar, then boil for 1 min. Set aside to cool and infuse. Strain the syrup over the pineapple, then add a **good handful of seedless black grapes**, **2 sliced kiwi fruits** and a **diced mango**. Serves 4.



Postbag –

“Thank you so much for my voucher for being second in the Federation photo competition. A lovely surprise this morning. Well done and thank you to everyone involved with the amazing newsletters look forward to reading through these.

Thank you all again” - Liz Matthews.

“I know you must be getting weary thinking of new items and articles to put into each new bulletin but I have to say I will be sorry when they stop!! They put W.I. Life to shame..... oops did I really say that!! - No. 38 was full of interesting facts, information and articles so I'm not going to highlight any particular page. It was all a pleasure to read. Thank you again Joanne and Margaret - keep them coming” – Lynda Alexander.

WI news

Washington Station WI and friends glammed up, fluffed up the feather boas and twinkled the tiaras for a hugely entertaining evening with Paulus the Cabaret Geek. Paulus gave them a tremendously interesting talk on the history of cabaret, sang us a few songs and emphasised how important the arts and creativity is to us all. They were all mesmerised by his sparking eyes and amazing smile. A great speaker he engaged with his audience on all levels, he had even checked out our website beforehand. He also talked about the current show he is writing and will be touring with, a tribute to Victoria Wood called “I’m Waiting for Me Friend”. It’s a must see when it tours the country.



The defibrillator that Sisters of Shields WI sponsored is finally in place! This much needed piece of life saving equipment is the only 24 hour accessible defibrillator in South Shields Town centre. SOS WI are hoping to work with the Red Sky Foundation again in the future so keep your eyes peeled for more defibs popping up in the area!



Liz Matthews sent us a couple of photos; one is of Washington village which is starting to come alive again.

The other is a happier birthday after lockdown, after coming second in Federation photo competition with a photo of boys at window. This May she saw them, for both their birthdays.

Whickham Fellside WI held a SPRING BULB COMPETITION, where several entries were received. The competition was judged blind by Mr John Arkless and he declared the winner to be Mrs Pat Findlater - well done Pat!!



The blanket squares are an ongoing project and Whickham Fellside WI are planning finger/hand puppets; poppies; Christmas Angels etc. The 7 knitted blankets in the photo were taken to Birkheads Wild. Two will be auctioned to raise funds and the rest will be used on site. They do some wonderful work for both children and adults (check out their website [here](https://birkheadswild.org.uk/) <https://birkheadswild.org.uk/>



Debbie Lowe, from Fells Angels WI would like to share her story with you.

“My mam passed away suddenly on 1st May. I made these memory rabbits for my sisters from two pairs of linen trousers she regularly wore. Due to restrictions one sister who is a consultant and lives away hadn't seen Mam for 18 months, the other had only seen her from the garden as mam and I had become a bubble. I have two brothers one lives locally and he only came to the garden, the other lives in Spain and hadn't been back for nearly two years and was unable to return for the funeral on Friday. Like many families over the past month's family separation has been really hard. My mam found it upsetting we couldn't be together and have a hug.

We bought her a Facebook Portal and at the age of 87 she had a Facebook account. Every Sunday morning, I went along at 10.30 and contacted my siblings and we would all chat over a coffee something we had done for many years with whoever popped along. Looking back this was one of the best purchases we made for her. She could see us all together on screen and we could have a good chat telling her what we, her grandchildren and great grandchildren had been up-to watch them celebrate birthdays, dress up for Halloween and see them open presents on Christmas Day . It's been a great way for all of her family to be that little bit closer and it's so much nicer to see the person you are speaking to.



We have been so lucky to have had this contact with Mam as well as giving us lots more memories to treasure.

I would also like to say thank you to my WI friends (they know who they are) who have been there to support me with a listening ear , a cup of tea in the garden or one of the lovely walks which have been arranged . They are helping me through a very difficult time.

The pattern for the rabbit is Flora rabbit by Coolcrafting based in Cumbria. She is 2 foot tall “

Are you confused about what you can and can't recycle? Country Life magazine did this great piece that explains the various symbols. There are so many different types it's hard to know just quite what to do, I notice that lots of a Tesco stores are going to have recycling points for soft plastics, things like fruit and veg packaging, Crisp packets, bread wrappers etc. Every little helps!

Tell it to me straight

Figuring out what can and can't be recycled can feel as if you're trying to decipher the Da Vinci code. COUNTRY LIFE decodes nine of the most frequently used symbols



Widely recycled

75% of people have access to the necessary recycling facilities for this particular item. However, you might have to remove a sleeve, film or bottle top and dispose of it separately



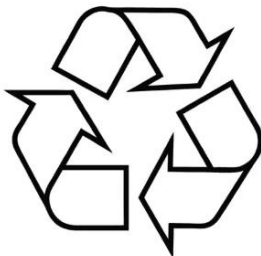
Compostable

Products certified to be industrially compostable according to agreed European standards. Do not put compostable plastic into recycling bags with other plastics; recycle with your garden waste



The green dot

The product likely isn't recyclable, won't be recycled and has not been made with recycled materials. Instead, it signifies that the producer has donated money to recycling initiatives



The mobius loop

The product can be recycled, but has not necessarily been made with recycled materials



Recycle with bags at larger stores

Cereal bags, kitchen roll, bread and some magazine wraps are among things that can be recycled at a large supermarket



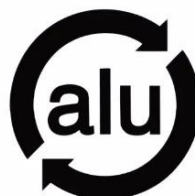
Check locally

20%–70% of people have access to the necessary recycling facilities for this item



Not yet recycled

Fewer than 20% of people have access to the necessary facilities for this item



Recyclable aluminium

Arguably the only recycling symbol that's easy to decipher



Plastic resin codes

A type of plastic resin has been used in the production process (see below) ↗

1 PET plastic (plastic bottles), the most widely recycled; 2 HDPE (milk cartons, bottle caps, detergent bottles and so on), widely recycled, but check with your local recycling authority; 3 PVC (cling film), not recyclable in normal collections; 4 LDPE (squeezable bottles), widely recycled, but check with your local recycling authority; 5 PP (plastic straws, takeaway tubs and similar), can be recycled, but check with your local recycling authority; 6 PS (polystyrene, plastic forks and yoghurt pots), cannot be recycled; 7 Other, cannot be recycled

I know many of us are trying to reduce our plastic waste and lots of people have gone back to using solid soap rather than shower and bath gels and liquid hand soaps. Have you tried solid shampoo? I must admit I was sceptical, and it seemed a little strange using a block of soap to wash my hair, however I was pleasantly surprised. The first bar I tried came from LUSH and I couldn't believe how long it lasted- 11 months and I wash my hair every day, I was careful to dry the shampoo bar after every use as like any soap bar it disintegrates when left in water. Admittedly my lockdown hair is longer now but I'm still finding that a bar of shampoo goes a long way. There are now a lot more available than there were when I first started.

THE LONG GAME

Shampoo bars aren't just great for the planet, they're great for your purse too! In the case of **weDo/ No Plastic Shampoo Bar**, **£14.95**, lookfantastic.com, one bar will last up to 80 washes. It's great for medium-thick hair.



HEAVEN SCENT

Ishga Shampoo & Body Bar, **£11**, uk.ishga.com, smells incredible and makes you feel as if you've been transported to a spa. It lathers well, and can be used to cleanse your body too.

FEELING SENSITIVE?

Finding the right shampoo for sensitive skin can be a painful process, but **Kind2 Shampoo Reinvented The Sensitive One**, **£12.50**, kind2.me, has a pH-balanced formula that won't disturb touchy skin.





TURN UP THE VOLUME

Lush blazed the trail for solid shampoos, having invented them more than 20 years ago. The **New Shampoo Bar**, **£8**, uk.lush.com, is a sensorial experience. A nettle and peppermint infusion boosts volume in fine hair.

10
of the
best



IN SHAPE
A creamy lather and silky finish aside, what is so pleasing about **Garnier Ultimate Blends Shampoo Bar**, **£7.99**, **Boots**, is the shape of the bar. The gentle curve makes it easy to massage the scalp.

SHAMPOO BARS

Everyone's talking about the new plastic-free, solid shampoos. But if you're going to ditch the bottle, which bar should you choose?



NO NASTIES

Odacité 552M Soap Free Shampoo Bar, **£27**, cultbeauty.co.uk, is named after the 552 million plastic shampoo bottles that end up in landfill every year. Its blend of coconut, argan and castor oils leaves hair feeling soft.



BLONDE BOMBSHELL

Brassiness is the bane of every blonde's life. **Ethique Tone It Down Purple solid shampoo**, **£14**, ethique.co.uk, neutralises yellow tones, keeping hair bright.

ROOT CAUSE

Beautiful hair starts with a healthy scalp. **Earth Kind Tea Tree & Eucalyptus Shampoo Bar**, **£6.95**, hollandandbarrett.com, soothes itchy scalps, and has an antimicrobial effect to reduce dandruff.



TOTALLY TROPICAL

Enriched with healing coconut oil, **grümm hair Shampoo Bar Nourishing**, **£8**, gruvm.com, gives us major holiday vibes. It lathers up a treat and leaves hair impressively shiny and silky.



DAMAGE CONTROL

Hair dye and heat styling can take their toll. **L'Occitane Intensive Repair Solid Shampoo**, **£10**, uk.loccitane.com, hones in on broken hair with essential oils, vitamin E and oat amino acids that repair split ends and reinstate softness.

As you all know this year's resolution relates to detecting ovarian cancer, here is an article I came across this week which is relevant to us.

Know the signs

It can be notoriously difficult to diagnose ovarian cancer, which is why it's vital that women share their stories - knowing how to spot the signs and symptoms could help save lives

Let's face it, cancer can be a scary topic, and ovarian cancer has had a particular taboo around it. The symptoms can be mistaken for other health niggles but it is important these are checked by a doctor, just in case.

What are the symptoms to look out for?

Part of the difficulty in getting a diagnosis is the fact that there aren't specific symptoms for ovarian cancer. "Most patients who are diagnosed have certain symptoms, but these symptoms don't always mean ovarian cancer," says consultant gynaecological oncologist, Mr Janos Balega. That said, it's worth being on the lookout for any of the following:

- Feeling bloated or as if you're getting full more quickly when you eat.
- Persistent pain in your belly.
- Changes to your urinary or bowel habits, in particular having to use

the loo with increased urgency or frequency, or feeling as if something is pressing on your bowel.

■ Weight loss and a loss of appetite. Not necessarily reflected on the scales as you may gain weight around the middle, but lose weight in areas other than your tummy.

What should I do if I notice any symptoms?

If you notice any of the signs shown above, visit your GP. Many of us don't like to feel we are 'bothering' them with what may seem like a minor ailment but it's worth getting it checked out, if only for your own peace of mind.



"I recommend keeping a symptoms diary to record the persistency, frequency and severity of your symptoms," says Cary Wakefield from Ovarian Cancer Action. "This will help your GP build a clearer picture of what you are experiencing and ensure you receive a swift diagnosis if necessary."

Once you're there, be sure to voice your concerns – repeatedly, if necessary. "Not all GPs are equally aware of this issue, although a lot of work is being done by charities to educate them," says Janos. "Lots of patients visit their GPs four or five times before being referred. So the other message is not to let yourself be sent away with a diagnosis of something like IBS."

You can request a tumour marker test, known as the CA125 blood test, which is available on the NHS. If ovarian or breast cancer run in your family make sure that your GP is aware of

this, even if you don't have any symptoms, as you may be eligible for genetic testing to help nip potential issues in the bud with preventive measures.

What about treatment?

Up until recently, ovarian cancer treatment options have been extremely limited. "But over the last year that has begun to change," says Cary. "A number of new treatments have become available on the NHS, making personalised medicine available to thousands of women for the first time."

"This means women now have access to a variety of treatments to suit their needs, as opposed to the one-size-fits-all approach we have been previously limited to."

"This is especially poignant as ovarian cancer has a high rate of recurrence, so we need as many options as possible to help more women survive this disease."

What else can I do? If you feel you're not being taken seriously by your GP, demand a second opinion or, if you can afford it, you could consider a private consultation with a gynaecologist specialising in oncology. Expect to pay around £200 for a consultation, and £100 for blood tests

• Mr Janos Balega is a consultant gynaecological oncologist who specialises in ovarian cancer surgery for both the NHS and privately via Spire Healthcare (spirehealthcare.com).

• Cary Wakefield is Chief Executive of Ovarian Cancer Action (ovarian.org.uk)

CASE STUDY:



'I'm sharing my story to make sure everyone is aware'

Yours cookery expert Ruth Macintyre (55), was diagnosed with ovarian cancer earlier this year.

"I didn't have the classic symptoms. Over Christmas I thought: 'Gosh, I'm putting on weight.' I didn't see it as bloating, I thought it was just my age. I felt a bit more tired, again, I put that down to getting older. I had a pain in my left side, but I took a paracetamol and it went away. I also had a tiny bit of spotting, a bit of blood on the toilet roll. I didn't realise there was anything untoward, and it was only because my brother had been diagnosed with cancer last year that I thought maybe I should get checked."

"My doctor thought it was a urine infection but I knew it wasn't. I had another appointment, and was sent for an ultrasound scan where they found two big cysts. Within a week I had an MRI, then later a CT scan, and on February 24 I had a major operation where they found it had spread up to my diaphragm. I was very lucky; as far as we're aware, they got everything out. I then started chemotherapy three weeks later, which will hopefully mop up any rogue cells."

"My diagnosis and hospital experience were brilliant. Although I'm stage three, at least it was picked up."

"We get offered mammograms and smear tests, so why aren't we being offered routine blood tests? Especially as these are symptoms we wouldn't necessarily go to the doctor with."

"I read somewhere: 'sometimes your body whispers to you' – and it was just that. We women don't like to dramatise things, but if your body whispers to you, go and ask for a blood test. And share this story with ten more women, so that we're all aware."

■ Ruth has created recipes especially for people undergoing chemotherapy. Find out more at ruthslittlekitchen.co.uk



Don't you just love a visit to the seaside?



WISH YOU WERE HERE?



Fascinating facts about the Great British seaside!



Six miles long and using over 1 million lightbulbs, the Blackpool Illuminations began in 1879...



◆ The art deco style Saltdean Lido in East Sussex was built between 1937 and 1938 and is one of only two Grade II listed lidos in the UK.

◆ Ex-miner Ben Bullock from Burnley first made lettered sticks of candy in his confectionary factory in 1887. He sent his first samples to Blackpool, and seaside rock was born.

◆ In the UK you are always within 80 miles of a beach – so at the most you're only a two hour drive away from your nearest beach.

◆ First offered in 1895 in Bridlington and in 1886 in Weston-Super-Mare, it's thought that seaside donkeys were originally working animals in the cockle industry.



◆ The Punch and Judy show had its origins in 16th century Italy and became hugely popular during Victorian times, with Mr Punch lampooning the politicians of the day!

◆ Billy Butlin opened his first seaside holiday camp in Skegness in 1936.



◆ *Oh I Do Like To Be Beside The Seaside* was made famous by music hall performer Mark Sheridan, who first recorded the song in 1909.

◆ The deckchair – sometimes known as the Brighton Beach Chair – was patented in 1886 by John Thomas Moore, who manufactured them in Macclesfield.

◆ ...but they weren't the only one. From the late 1880s, Morecombe rivalled Blackpool – and it was also the birthplace of bingo!

◆ Britain's first seaside resort was Weymouth, when in 1789, King George III started a fashion for sunbathing there.

◆ The UK coastline is the longest in Europe, at over 6,000km.



Piers were first built to allow upper class travellers to alight from their steamers without getting their feet wet



Well, our weather is certainly whacky at the minute, if the sun is out it's scorching within a minute though it can turn to hailstones, winds and pounding rain. But we are British, so we go out with our umbrellas and sunscreen!

Just for fun

Animal antics

Just as we have 'brass monkeys' to describe a cold day, other countries also use animal-related sayings. When it's scorching hot the Czechs worry it's the insects at risk of heat exhaustion, as they say, 'Mouchy padaj unavou' meaning, 'The flies are falling down tired' in very warm weather.

The French use an animal expression to describe howling wind. 'Il fait un vent à décorner les boeufs' meaning 'a wind that dehornes the oxen'. Now that's a pretty stiff breeze!



Did you know? The British phrase 'dog days of summer' comes from the Romans who associated hot weather with the star Sirius, also known as the 'dog star', and was thought to radiate extra heat to earth



WACKY WEATHER SAYINGS

From 'pea soupers' to 'raining cats and dogs', Brits love a saying about the weather... but we're not the only ones!

Hot under the collar



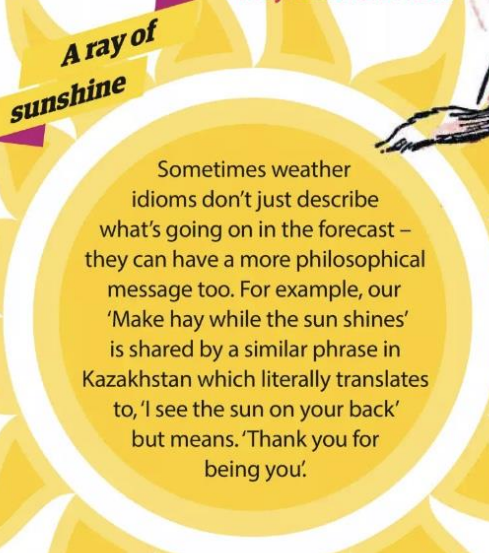
When temperatures rise, we all have different ways of describing its effects. The Danes say, 'Jeg sveder tran!' – 'I'm sweating fat' – while Albanians cry, 'Plasa!' which rather dramatically translates as, 'I'm bursting from the heat'.

Just superstition?



The Spanish have a wonderful phrase: 'Hasta el 40 de mayo, no te quites el sayo' meaning 'Until May 40th, do not take off your sweater'. As May 40th doesn't exist, the idea is you shouldn't abandon your sweater until well after the end of May. Sensible idea!

A ray of sunshine



Sometimes weather idioms don't just describe what's going on in the forecast – they can have a more philosophical message too. For example, our 'Make hay while the sun shines' is shared by a similar phrase in Kazakhstan which literally translates to, 'I see the sun on your back' but means, 'Thank you for being you'.

Rain with risks!



It's a fact! Us Brits spend four-and-a-half months of our lives talking about the weather, a study has found



The most nuanced, though, is the Urdu saying 'Garam hai, aam mazedar hongey!' which means 'It's sizzling hot but we can bear it for mangoes' – extreme heat in Pakistan marks the start of mango season.

While being outside when it's literally 'Raining cats and dogs' sounds uncomfortable, in Portugal it rains pocket knives – 'Chovendo canivetes' – and in South Africa and Namibia, 'Ou vrouens met knopkieries reen' means, 'It's raining old women with clubs'!

The prize for the most bonkers phrase goes jointly to Norway for, 'It's raining female trolls' ('Det regner trollkjerringer') and Denmark where 'Det regner skomagerdrenge' translates as, 'It's raining shoemaker's apprentices'. Oh dear...

Word Search

SEARCH ME!

Can you find the words in the grid? They will be placed only once and may be either horizontal, vertical or diagonal and go either forwards or backwards. There is one word listed that isn't in the grid – can you work out which one it is?

AUTHOR	PAPERBACK
CHAPTERS	PERSONIFICATION
CHARACTERS	PLOT
GLOSSARY	PROOFREADING
GRAMMAR	PUBLISHER
HARDBACK	SPELLING
IDEAS	STORY
IMAGINATION	SYNOPSIS
INDEX	WORD PROCESSOR
MANUSCRIPT	WRITER'S BLOCK



Due to holidays and the annual meeting taking place the office will be closed w/c 7th June. You can still reach myself through the office number and email address, the next newsletter will be 16th June. See you soon.

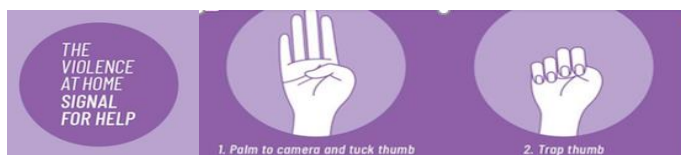
Best Wishes

Margaret Carter - Chairman - Tyne and Wear South Fed of WT's

0191 5845814

Margaret Carter 0191 4165269, 07718 231984 macarter1@hotmail.co.uk twswfi@btconnect.com

<https://www.youtube.com/watch?v=nUJV-9wvdB8>



For information and support on domestic abuse, contact:

- **Police:** 999 press 55 when prompted if you can't speak
- **Refuge UK wide 24-hour helpline:** 0808 2000 247