

News Bulletin 44

18th August 2021
Charity Number 1099003
Perth Green Community Centre, Inverness Road
Jarrow, NE32 4AQ

Hello Everyone,



I hope you're all fit and well and getting out and about meeting your friends and family.

I am enjoying getting all the messages in from the WIs who are starting to meet again and I look forward to seeing as many of you as possible as soon as I can.

Please read the events list on this bulletin carefully, as after meeting with the Board of Trustees and other committees last week, you will see that we have cancelled several planned events. I apologise if this

causes anyone any inconvenience but as a Board of Trustees, we are mindful of giving everyone the best possible experience of the WI and handling any finances as carefully as our own.

I am in the Lake District this week enjoying a break with some of my grandsons and if the rain stays away, I'll be very happy.



Federation Dates for your Diary

After discussion at the Events and Opportunities committee meeting and the Board of Trustees meeting, we have decided to change some future planned events. We are mindful of the Federation's finances and early in the pandemic we were very keen to

ensure that as many members as possible had access to some WI events. However, in recent months with better weather and the easing of lockdown restrictions the attendance at these events has fallen sharply. We feel that we cannot justify expenditure on speakers at zoom events that are so poorly attended. So, the speakers for the 16th of September and 21st of October have been cancelled saving the Federation £130.00.

In the same vein we have decided that the planned Autumn Council will not take place. The Autumn Council was reinstated a couple of years ago in response to a request from members, however the demand for places this year is so low it is not economically viable, although we do recognise that many people are 'zoomed out'.

If you had planned to enter the competition – don't despair the competition will take place for the Spring Council next year (so keep your entry somewhere safe).

The Federation Quiz on 23rd September has been withdrawn at this time. As WI's have not established a regular meeting routine, we are finding that events that have costs attached make it difficult for members to pay when they are not paying via their own WI. We also understand that often you want to confer with your friends as to whether they are attending or not. All being well the Quiz will be re-arranged in the New Year.

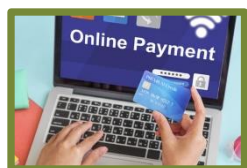
The Christmas Craft Day will still go ahead as we have viable numbers, there are a few places left.

You still have time book your Panto tickets which we are getting at a discounted rate (includes an ice cream). Remember this is a friends and family event – bring the grandkids, the old kids and your neighbours. The Customs House Panto is the best there is!

I do hope you understand that these changes have been made with members best interests in mind.

Date & Time	Event	ID/ Password
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.	(We will be walking in line with government guidelines) Free
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. CANCELLED	
Thursday 16 th September 2021	WI Day – There will be a ‘drop in’ at the office from 12 noon – 6pm. There is no charge for this event but attendees are asked to contribute new, unused toiletries and sanitary products, which will be donated to a women’s refuge after the event. In return you will be offered a drink (non-alcoholic), cake and biscuits	Free
Thursday 23 rd September 7pm	Annual Federation Quiz - We have booked the bar area of Boldon Community Centre for our annual Federation quiz. Add the date to your diary – there will be more details in the next bulletin but have a think about taking part – it’s always a good night. CANCELLED	£6.00per person

Thursday October 21 st 6.45	Autumn Council – with a special speaker for Halloween - Adrian Perkins. please register with the office beforehand as places are limited. There is also a Competition and all the entries will be shown in the meeting along with the results. Ring the office for further details. CANCELLED	Issued once requested Free These spaces are going fast so book as soon as possible.
Saturday November 6 th 10 - 4	Christmas Craft Day – make a variety of Christmas crafts in the office, bring your lunch, all materials are supplied and take some wonderful decorations home.	£10.00 per person Payable through the office
Friday November 26th 6.30	PANTO at the Customs House, South Shields Rapunzel – Bring your family and friends. Closing date end of August 2021. Order your ticket directly from the Federation office. All bookings to accompanied with name, contact number/email address, number of tickets required and the full cost of the tickets.	£16.00 per ticket including ice cream



*****NEW - Online payments***** - As more and more people do not have cheque books and collection of money via WI's has not been possible for over a year, we are please to now accept BACS payment. This is a great, quick way to pay for events and other things, however it is crucial that these payments are made in a way that accounts can be properly kept and there is no doubt who has paid for what. When you do a BCAS payment

You **MUST**

- First check with the office if there is availability for the event/item

You **MUST** (in the reference box)

- Give your name and State what the money is for e.g., Panto x 2 for 2 tickets.

Then you **MUST**

- Follow it up with an email to the office (twswfi@btconnect.com) stating your name, the date paid and what you paid for - a screenshot of the payment would be ideal. It is extremely important that this information is given, if we don't have it there is no guarantee that a place/ticket can be given.

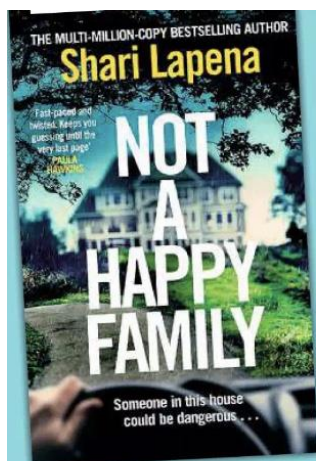
Please realise it won't be just you that is paying and we can't guess at what is being paid so please conform with the procedure. For example, we might have 100 members paying for tickets for the pantomime and this will be very difficult to categorise if no one has referenced their payment correctly.

Our bank details are

Sort Code **30-98-34**
Account Code **02883462**
Name of Bank **Lloyds Bank**
Address **Fawcett Street, Sunderland**



Read and Rhyme. There are many reasons to read, it is a way to escape your own life and can take you to faraway lands and put you in other people's shoes, it keeps your brain healthy and reduces stress. It helps you sleep better and sets a great example to your children, grandkids and other members of your family – have a look at these recommended books and have a go. We have several WI related books in the office, we will be developing a list to circulate and these will be available to anyone on a loan basis.



Not A Happy Family by Shari Lapena

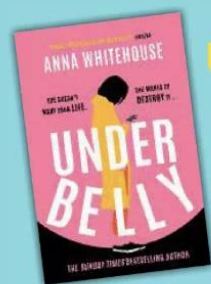
(Bantam Press)

In the quiet enclave of Brecken Hill, an older couple is brutally murdered hours after a tense dinner with their three adult children, who are left devastated. Or are they? They each stand to inherit millions and were never a happy family. Did someone snap that dreadful evening? Or did another person appear with the worst of intentions? A brilliant read.

The Love We Left Behind by Katherine Slee

(Lake Union)

When Erika stumbles upon a reminder of her past, she's confronted with a part of her life she's spent almost 20 years trying to forget. As Erika's story takes us back into the past, her best friend Niamh brings us forward towards the present, until the two meet on a night that will change the path of their friendship forever.



Underbelly by Anna Whitehouse

(Orion)

Lo and Dylan are living parallel lives. Lo is the ultimate middle-class mother. Dylan is just about surviving, trying to keep food on the table. But when they meet at the school gates, they are catapulted into each other's lives with devastating consequences. Thrilling and funny.

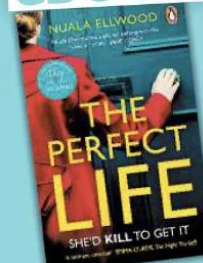
The Lost Hours by Susan Lewis

(Harper Collins)

Golden couple Annie and David have a loving marriage, three beautiful children and a thriving family business. Then a piece of damning DNA evidence places David as the prime suspect of a murder committed 20 years ago. As the police investigate the cold case, so does Annie – but it all comes down to a few lost hours she can't solve. Gripping.



eBOOK



The Perfect Life by Nuala Ellwood

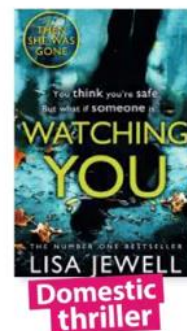
(Penguin)

Vanessa has always found it easy to pretend to be somebody different. That's how it started – looking round houses she couldn't possibly afford. Then a man who lived in one of those homes is found dead. And everyone thinks that Vanessa killed him...

Watching You

By Lisa Jewell (Arrow, £8.99)

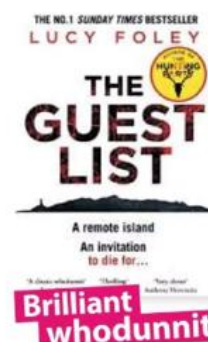
"I loved the twists and turns in this book," says Jane Calderwood. Headteacher Tom Fitzwilliam is loved by everyone, including his neighbour Joey Mullen who quickly becomes infatuated with him. Joey thinks her crush is secret but people have their suspicions, while one of Tom's students is not convinced Mr Fitzwilliam is as nice as he seems. "The ending was a surprise," says Jane.



The Guest List

By Lucy Foley (HarperCollins, £8.99)

"I read this book in two evenings – I couldn't put it down," says Lynda Clark. On an island off the Irish coast, guests gather for the wedding of the year. But the cake has barely been cut when one of the guests is found dead and as a storm arrives on the island, everyone is trapped. "Had you guessing to the end," says Lynda.



Yours Cheerfully

by AJ Pearce (Picador, £14.99)

Things are looking up for wartime advice columnist, Emmeline Lake. Her relationship with boyfriend Charles is blossoming, and with the worst of the Blitz now behind them, she and her best friend Bunty feel like anything is possible. So when the Ministry of Information calls on Britain's women's magazines to recruit women for the war effort, Emmy is thrilled to step up and help. But when she meets a woman who shows her the real challenges women war workers must face, Emmy must decide between doing her duty and standing by her friends.



“Cosy, charming and ever so cheerful, this book is a love letter to great friendship that can't help but lift your mood and rally your spirits”

Katharine Wootton

WHAT'S COOKING?

Some lovely ideas with fresh produce, enjoy the bounty that's available to us.

TOMATO AND NECTARINE SALAD WITH BURRATA

When it comes to tomatoes, keep it simple.

SERVES 4

- ✦ 550g (1lb 3oz) ripe tomatoes, at room temperature (a variety of colours is nice)
- ✦ 2tsp red wine vinegar
- ✦ 2tsp extra-virgin olive oil
- ✦ ½tsp sea salt flakes
- ✦ 1tsp sugar
- ✦ 2 ripe nectarines, at room temperature
- ✦ 4 slices (300g/10½oz) sourdough bread
- ✦ 2 medium balls (350g/12oz) burrata
- ✦ 2tbsp salsa verde

1 First, roughly chop the tomatoes – aim for big, random shapes that will hold the salsa verde, not uniform dice. Put them in a medium bowl along with the vinegar, oil, salt and sugar.

2 Halve the nectarines, discard the stones then roughly tear large chunks into the tomato mixture. Gently toss then set aside to quickly marinate. Toast or griddle the bread.

3 To assemble, spoon the tomato mixture onto a large serving platter, including all the marinade juices. Tear over the burrata then drizzle over salsa verde to finish. Serve immediately with the bread.

PER SERVING
683 cals, 44g fat, 15g sat fat, 47g carbs

TIP If you don't have salsa verde, or the time to make some, a few basil leaves and an extra splash of vinegar will work brilliantly too.



PER SERVING
370 cals, 13g fat, 3g sat fat, 44g carbs

PEA, PARMA HAM AND PASTA SALAD

This will no doubt become a recipe you come back to time and time again.

SERVES 4

- ✦ 200g (7oz) farfalle pasta
- ✦ 250g (9oz) frozen peas
- ✦ 1 banana shallot, peeled and finely diced
- ✦ 3½tbsp extra-virgin olive oil
- ✦ 3tbsp red wine vinegar
- ✦ 1tsp sugar
- ✦ ¼tsp sea salt flakes
- ✦ 1 red cos lettuce
- ✦ 6 slices Parma ham
- ✦ 2-3 sprigs rosemary, leaves only

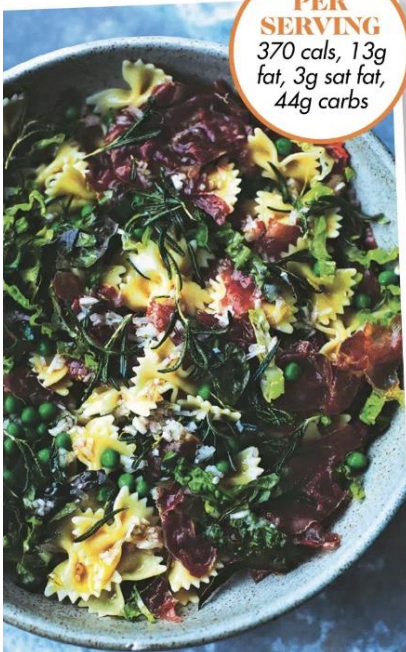
1 Cook the farfalle in a pan of salted water for 12-14 mins until al dente. Add the peas to the pan for the last 1 min of cooking, then rinse under plenty of cold water. Drain completely, then transfer the pasta and peas to a large mixing bowl.

2 Put the shallots in a small jug or bowl and stir in 2½tbsp of the oil, the vinegar, sugar and salt, then set aside. Wash the lettuce in a basin of cold water, pat dry then finely shred and set aside.

3 Next, put a large frying pan over a high heat and add the slices of ham in a single layer. Cook for around 2 mins on each side until golden and crisp, then transfer to a plate.

4 Reduce the heat to medium. Roughly chop the rosemary and add to the pan with the remaining oil, then cook for 1-2 mins until crisp and fragrant. Stir in any sticky ham bits from the bottom of the pan.

5 To assemble, toss the dressing and lettuce through the farfalle and peas. Tear in the cooked ham then stir to ensure everything is evenly coated. Scatter over the crispy rosemary to finish. >>





3 ways with corn on the cob

Enjoy these golden cobs at their sweet peak...

1. MEXICAN-STYLE

Mix together soured cream, mayo, chipotle paste, lime zest and juice. Chargrill corn on the cob until tender and charred. Brush with the soured cream mixture and crumble on some feta.

2. WITH GARLIC BUTTER

Mash together softened butter, crushed garlic and chopped parsley. Put each corn on the cob on a large square of foil, top with a knob of the butter then seal to form a parcel. Barbecue until tender; unwrap carefully.

3. CREAMY COCONUT

Slice the kernels off raw corn on the cob. Fry finely chopped spring onions, ginger and chilli, stir in the corn and add coconut milk from a tin to just cover. Simmer until tender and the liquid has reduced. Garnish with coriander.



On behalf of all the members of the Federation and her fellow Board members, I would like to wish Maureen Johnstone, a long and healthy retirement. Maureen has worked as a nurse for 44 years and has been at the same practice for 17. She was appreciated by both staff and patients and will be a great miss.

Huge congratulations Maureen – Well done!

WI Day – Thursday 16th September 2021



16th of September is the **WI's birthday** and you will see a lot of coverage by National of the birthday week. The Board of Trustees would like to celebrate WI day with yourselves



and by making a positive contribution to the community.

On Thursday 16th September the Board are holding a 'drop in' at the office from 12 noon – 6pm. We are inviting you to drop in for a chat and a catchup, you may have queries or want to share something with us and we would love to see you all! There is no charge for this event but attendees are asked to contribute new, unused toiletries and sanitary products, which will be donated to a women's refuge after the event. In return you will be offered a drink (non-alcoholic), cake and biscuits.

Everyone is welcome, it's not essential but would be helpful if you are coming to call the office, drop us an email or drop us a message on Facebook to ensure we have plenty of cake. Feel free to bring a friend we would love to meet them too.



Our Federation celebrates Pride

Pride is normally celebrated in the month of June when the Stonewall riots took place. These were important protests around the world in 1969 in the US, that changed gay rights for a lot of people in America and around the world. Pride is a celebration of people coming together in love and friendship to show how far LGBTQ+ rights have come and how in some places there's still work to be done. (+ is an inclusive symbol to mean 'and others' to include people of all identities). It is about acceptance, equality, celebrating the work and education of LGBTQ + and raising awareness of issues affecting this community.

We celebrated with a Pride in the Park Picnic on Saturday 7th August, where we had a few laughs, meaningful discussions, and spread the word about the WI amongst people in the park. We were dressed in rainbow colours reflecting the diversity and the unity of the LGBTQ community, although by time the photo was taken, the cold had got the better of most of us. Joanne even had rainbow eye shadow on !!! Thankyou to everyone who came to help us on the day.



Hylton WI – celebrates being 100 years at last !!!

Hylton WI was founded on January 25, 1921 in a society which was pulling itself back together after the Great War, which later became known as the First World War. The Sunderland branch was born against a maelstrom of world events that we can now look back on and see their impact on the world today. Women were finding their voice and not being prepared to give back the progress they'd made during the war. The world was changing rapidly and the women of Hylton were part of that change. The branch began when the ladies of the village met to sew for the forces serving during the First World War. The WI soon developed into a force to be reckoned with. The branch had a very active drama group and choir. It campaigned in the 1960s for better street cleaning and more recently, it has supported worthy causes such as local food banks and the Donnison School Heritage and Education Centre. Here are some of today's members celebrating at the Causey Inn, eventually due to Covid, where they had a fantastic meal. Everyone received a small gift as a lovely keepsake.





Old Penshaw WI met up this week for the first time since last February! We didn't have a speaker as they all had so much catching up to do, they had a lovely social evening with a quick quiz, They were all delighted to see so many of their members back together again!

Great British Garden Party – have a read of this article and perhaps have your own Garden Party – It's a very worthwhile cause.

What could be simpler for us – Bake some cakes and have coffee !!!

Send your pictures in for us to share with other members.

Mary Berry launches this year's Great British Garden Party



Turning a celebration of gardens into vital support for nursing and health charities

Mary Berry, President of the National Garden Scheme and the Nation's undisputed Queen of Cakes is launching the 2021 Great British Garden Party, a major event to celebrate the importance of everyone's gardens and to raise vital funds for some of the UK's best-loved nursing and health charities supported by the National Garden Scheme.

Speaking about this exciting initiative Mary said: "As President of the wonderful National Garden Scheme, I am delighted to invite you to join me in hosting a Great British Garden Party this year.

"We're inviting everyone, it doesn't matter whether your garden is large or small, tidy or untidy – it's a place for enjoyment. This celebratory event gives us all an opportunity to share our gardens whilst raising funds for vital nursing and health charities. Your garden party could be afternoon tea and cakes, prosecco by candlelight, a coffee morning and book swap or even a plant and produce sale by the front gates – the choice is yours and everyone can get involved."

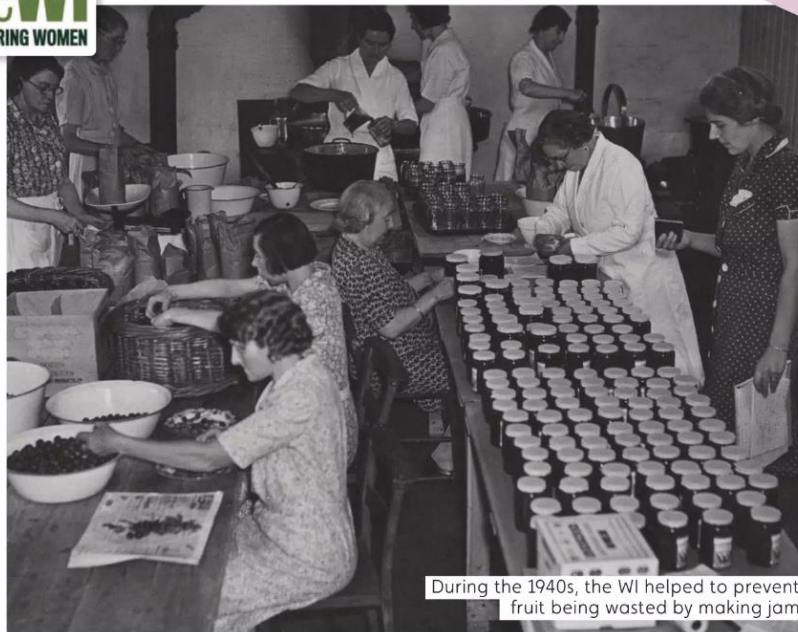
George Plumptre, Chief Executive of the National Garden Scheme added: "Gardens and outdoor spaces have never been more important to everyone. They provide us with the perfect place to meet friends and family, to socialise and relax so celebrating them seems entirely natural. Combining these celebrations with fundraising for the amazing nursing and health charities that the National Garden Scheme supports and which have made a formidable – but largely unsung – contribution through the pandemic creates a wonderful reason to hold a Great British Garden Party."

The official Great British Garden Party dates are Saturday 4th – Sunday 12th September, but you can choose any day across the summer that is best for you.

Joining the Great British Garden Party couldn't be simpler. Sign up on the National Garden Scheme website, invite your guests and the National Garden Scheme event team will support you on your way. Together we can help support our nurses and celebrate the joy our gardens give us.

Press Ctrl and click on the link below to register

[Mary Berry launches this year's Great British Garden Party - National Garden Scheme \(ngs.org.uk\)](https://www.ngs.org.uk/garden-party)



During the 1940s, the WI helped to prevent fruit being wasted by making jam

JOIN THE CLUB!

*Fancy becoming a member of the WI?
Read on to discover all the benefits of joining!*

Readers of *Crafts Beautiful* will have noticed our regular feature devoted to the Women's Institute, the largest women's membership organisation in the UK. With around 200,000 members in 6,000 WIs across England, Wales and the Islands, the WI prides itself on being a trusted place for women of all generations, to share experiences and learn from each other.

And that's not all... being a member of the WI offers the opportunity to meet women in your local area and virtually, to meet new friends and make a difference in your community. There are national campaigns to get behind, plus life-long learning and self-development opportunities alongside WI member exclusive discounts and experiences to take advantage of. Sound good to you? Then read on...

HOW IT BEGAN

Formed in 1915, the Women's Institute was originally brought to life to revitalise rural communities and encourage women to become more

involved in producing food during the First World War. The WI movement had started 18 years earlier in Stoney Creek, Canada and was founded by Canadian educational reformer Adelaide Hoodless. It was then introduced to the UK by another Canadian woman called Madge Watt and the first WI opened in Anglesey, Wales in 1915, followed later that same year by another in Sussex, England. The WI also played a huge role during World War Two, supporting the Women's Land Army and making hundreds of tonnes of jam to stop fruit from going to waste.

This led, very unfairly, to the WI developing an image of just being about 'Jam and Jerusalem' but from the very beginning it was a

progressive organisation, open to women of all ages and classes, and campaigning on radical issues such as improving the lives of single mothers back in the 1920s. Today, the age of WI members ranges from 18 to 90 plus-year olds, and meetings cover a wide range of subjects, from traditional skills like baking and quilt making, to talks on science and activism.

FIND A GROUP

When you join the WI, it will be at a local level which is usually a branch in the area you live. Every WI is unique and really is what you make of it, so you can try a few different groups and see which suits you before joining.

The WI's website has a handy 'find a WI' tool on its homepage. All you have to do is type in your postcode, and the WIs nearest to you will pop up on the map. You can click on each to find out when and where they meet, and there's a contact box at the side so you can send a message through to their regional federation for more information about joining. Don't forget, many WIs are also active on social media, so if you want to get more of a feel for the group before you go along, try searching online to see if they have a Facebook, Twitter or Instagram page!

ONCE YOU'VE JOINED...

Your WI will meet 11 times a year at the same time every month. WI meeting activities could be anything from a craft workshop, a local speaker, to burlesque dancing or beer making! Once you're a member you'll also have the opportunity to suggest ideas for meetings to your WI committee. While there will be



North West London WI enjoy a hula hooping class!

11 meetings, your WI may also host a range of sub-groups for special interest activities. This could be a book club, cinema club, gin club or anything that takes your fancy!

Last year, the WI faced its greatest challenge, when national lockdowns made it impossible for members to meet in person. Once again, the organisation proved just how adaptable and versatile it is, by launching several fully virtual WIs that will continue to meet online following Covid restrictions easing. These WIs may be more convenient for some women who can't attend meetings in person regularly, allowing them to get involved, meet with friends and try new things.

When you do join, you also become a member of the WI nationally, joining a nationwide community of women to connect with. This means you'll start receiving the WI's membership magazine *WI Life* which will be delivered directly to your doorstep eight times a year. It's packed full of member stories, recipes, craft projects, book reviews, puzzles and more inspiring features so you can learn all about life in the WI and what other WIs are up to. You'll also have access to the WI's membership only website My WI. The site has a wealth of information relating to running your WI, seasonal recipes, exercise classes and even a few bonus *Crafts Beautiful* projects to keep you busy!

CAMPAIGN TRAIL

The WI's campaigns tackle issues that matter to members. From equal pay to climate change, mental health

and violence against women, over the past 100 years members have embraced a diverse set of challenges. As a WI member, you have the opportunity to influence and implement real change through the WI's democratic resolutions process.

WI members can 'propose' resolutions on issues they feel passionate about. Resolutions are shortlisted and then voted on by the organisation's 200,000 members before going forward to the National Annual Meeting for a debate and final vote. The most recent resolution to pass was to raise awareness of the subtle signs of ovarian cancer, which became a WI campaign in July 2021.

HAPPY BIRTHDAY, WI!

16th September 2021 will mark 106 years since the WI started in Britain, also known as WI Day. The theme this year is friendship so visit the WI's social media pages to see how members will be celebrating. With so much to offer, we confidently predict that the WI will be campaigning, crafting and having fun together for at least another 106 years yet! 



After the croquet match, East Dulwich WI's members proudly display their medals



The Million Women Rise march in March 2020 to end violence against women

Campaigning is at the heart of all WIs



A spot of croquet for East Dulwich WI



I've always been a bit dismissive of "video games" but a few weeks ago I got two of my grandsons to teach me the ones they were playing, we had such a fun afternoon competing against each other. There are a number of benefits to be gained from playing games on your computer, phone or tablet device. This article gives us more information.

With a recent study showing those of us aged 55 to 64 are now the fastest growing audience for video games, we explore what's behind the trend and its benefits

By Katharine Wootton

If you think about the typical image of a 'gamer', you might picture a teenage boy in his bedroom battling baddies with guns. But it seems that stereotypical image is changing.

Recent surveys have found growing interest from older players, with one saying over 60s spend an average of eight hours a week gaming.

Interestingly, too, while gamers are typically, though not exclusively, male in the other generations, among older age groups, there are generally more women playing than men.

Dr Hannah R. Marston from the Open University has been studying the gaming habits of older people for 16 years. and explains some of the reasons behind this trend is the increasing accessibility of the technology and the rising awareness of its potential benefits. "The likes of the Wii – a console which made you get up from your chair and play

'The video game Tetris has been used in emergency departments as a way of reducing trauma after a traffic accident'

Dr Hannah R. Marston (right)

sports for example – really opened the doors of gaming to older people," says Hannah. Games that can be played on



your mobile phone or tablet have become increasingly popular. Candy Crush, a free puzzle game you can play on your phone in which you match colourful sweets, is one of the best-loved games among older age groups.

Anne Antrobus is one such Candy Crush fan who was introduced to the game by her older brother and now plays it every day. "Playing is my way of relaxing and having a bit of me time," says Anne. "I care for my mother who has dementia and recently lost my dad so there's lots of going on in life but

when I go to play, I can zone all of that out for a few minutes."

Like Anne, 60 per cent of gamers aged 55-64 say they play to relax and the effects of that can be far-reaching. "The video game Tetris, for example, has been used in emergency departments as a way to reduce trauma after a traffic accident," says Dr Marston. "And a game called Second Life is sometimes used to support military personnel with PTSD."

But beyond stress relief, the science suggests games can improve our memory and mental acuity, too. Studies in Germany found playing video



The healing power of video games



READY, STEADY, PLAY!

Great games for beginners to get you started...

■ **Bejeweled:** A simple yet addictive, gem-matching puzzle game. Play for free from the smartphone/tablet app, on zone.msn.com/en/bejeweled or on an Xbox 360.

■ **Wii Sports:** Get fit playing everything from golf to tennis to bowling.

Available on Nintendo Wii console (buy online or in gaming stores).

■ **Words with Friends:** A free, Scrabble-inspired game you can play with friends or be matched with word-loving strangers. Play the smartphone/tablet app

■ **Mario:** Super Mario Run is available for free on smartphones/tablets or the Super Mario 3D for the Wii console is especially good for testing coordination and memory.



the decline of their brain through ageing by seven years. It's no wonder then that several care homes are now trialling the use of video games among residents with dementia.

Geoff Gutridge who was introduced to video games by his stepson, Max, says he certainly feels mentally sharper for picking up a console. "In retirement, playing games has definitely improved my memory because you have to remember what's happened in the game previously, and also my dexterity because you're operating the controller." He adds that gaming is a great way to bond with his children and grandchildren. "Games offer a platform to engage with younger people and I think that's brilliant," says Geoff.

Gaming as a social opportunity to connect with different

generations is definitely a growing trend Dr Marston has noticed.

"Ten to 15 years ago inter-generational gaming wasn't a thing, but now older and younger people are coming together to play," says Hannah. "Games also offer the opportunity to connect not just with someone in the same room but online, so you can stay in touch with people far away or make new friends – especially useful during the past year."

For Ruth Morgan, gaming has been primarily a sociable activity, having first got into it playing Mario with her teenage son. "It's just a bit of fun we enjoy together and we often fall about laughing as we play," says Ruth.

She also enjoys Pokemon Go, a free phone-based game which encourages you to explore your local area, looking for virtual creatures that appear on your phone as if they were really there. "I like meeting up with friends to play together and it introduces you to new places you might not have been before," says Ruth.

As our appetite for games has increased, there's an even bigger push for the industry to make games friendlier to beginners and older people so more of us can join the gaming craze in the future.

games increases the size of your brain, stimulating the parts of it responsible for orientation, fine motor skills and memory.

Meanwhile, scientists in Iowa found participants over 50 who played a computer game for ten hours slowed down

"I care for my mother who has dementia and recently lost my dad, so there's lots going on in life but when I go to play Candy Crush I can zone all of that out for a few minutes. It's my way of relaxing" Anne Antrobus



SEARCH ME!

Can you find the barbecue 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?

BURGERS
CHICKEN
COAL
CORN ON
THE COB
FAMILY
FRIENDS
FUN
HOT DOG
ICE CREAM
KEBABS

MUSIC
MUSTARD
NAPKINS
PAPER
PLATES
POTATOES
ROLLS
SALAD
SANGRIA
SAUSAGES
SUMMER



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

TWIST & SHOUT

Take a whirl at finding all of these words which can mean 'turn'.

CHANCE
CIRCLE
CONVERT
CURDLE
DEPART
DIRECT
GYRATE
PIROUETTE

PUTREFY
RECOURSE
REDUCE
RESHAPE
RESORT TO
REVERSE
SCREW
SLANT

Remember to encourage women to join us, the new Boldon WI will be meeting on Tuesday 21st September so please pass the message onto other women you know. There has never been a better time to join the WI.



A NEW WI FOR THE BOLDON AREA

**Tues. 21st September
7pm**

**The Robert's Room ,
Boldon Community Assos.
New Road , Boldon
NE35 9DS**

**Missed meeting people?
There has never been a better time
to join the WI.**

Want to belong to a unique network of women?
Want to meet new people in your community?
Want to enjoy a huge variety of activities including
inspirational speakers, crafting, cooking, baking,
yoga, martial arts and dance to name a few?
Want to campaign on a range of issues, locally
and nationally, increasing public awareness
and bring about policy change?

**Come and meet us on September 21st
or Contact us at:
twswi@btconnect
0191 4165269**

Open to all women over age 18

Best Wishes

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

Office number 0191 5845814

Home 0191 4165269,

Mobile 07718 231984

Email macarter1@hotmail.co.uk twswi@btconnect.com



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:**
0800 2000 247