

News Bulletin 40

16th June 2021
Charity Number 1099003

Hello Everyone,

I hope you are safe and well and enjoying the pleasant weather. Last week we had the exciting experience of the Annual General meeting virtually for the first time ever, I have included a report on the next page.

I have been enjoying getting out and meeting friends again and I have had the chance to catch up with some old friends and former colleagues – it seemed such an age since we last met up. My youngest grandson said, “Nana why do you always meet for coffee, does nobody drink tea and can you have cake?” I assured him you could drink what you wanted and cake was always a good idea.



Obviously, the latest extension of the restrictions has been a blow to some plans but I hope that we will see lots of you at Federation planned outdoor events over the Summer and make sure to look out your rainbow clothes to wear to the Pride Party Picnic on Saturday August 7th 11am (please note the time change from 1pm)

Whatever you are doing – enjoy it, make the most of every day!

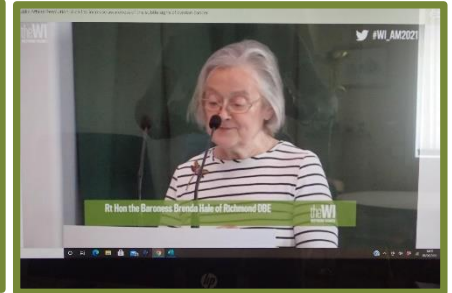
National Annual Meeting Report 2021

The NFWI made history last week holding the first Virtual Annual Meeting for members. Lynne Stubbings chaired the meeting as her last AGM before standing down as National Chair.



Tyne and Wear South Link Delegates, Officers and Advisers gathered in the Federation office to participate in the meeting.

There were three outstanding speakers: Sophie Duchess of Wessex, Dame Cressida Dick and Baroness Hale, who all spoke on a general theme of gender equality and each gave a fascinating insight to their lives and the work they do around domestic violence, representation of women, how women's lives are changing and the challenges faced by us all.



There was a presentation around this year's resolution about greater awareness of the subtle signs of Ovarian Cancer. The vote was not taken on that day and all our WIs will get their chance to register their votes in the next week or two. Information about the voting process will be sent to WI committees this week.

The meeting was hit by an internet outage, which was a worldwide problem and the event providers quickly switched coverage to a live YouTube screening, so we were enabled to carry on watching. Huge congratulations go to NFWI for organising the event which must have been a logistical nightmare.

The good news for us is that next year's Annual Meeting is planned for Saturday June 11 at the Liverpool arena - a Saturday and in the North! Lookout for more details as they are announced.


There will be a full report of the meeting in the next issue of WI Life.

The day after the meeting it was announced that Anne Jones has been elected National Chair.





Federation Dates for your Diary – all our zoom events are free

Date & Time	Event	ID/ Password Cost
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> Free
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 Free
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 Free
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> Free
Saturday August 7 th 11am (note new time from 1pm)	 WI Pride Party Picnic in the Park – 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.	Free
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> 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.	840 6630 7320 212507 Free
Thursday October 21 st 6.45	Autumn Council – with a special speaker for Halloween - Adrian Perkins. See details further on	Issued once requested Free
NEW Friday November 26 th 6.30	PANTO at the Customs House, South Shields Rapunzel – Bring your family and friends Closing date end of August 2021	£16.00 per ticket including ice cream
CRAFT DEMONSTRATIONS – we have decided to suspend these until later in the year.		

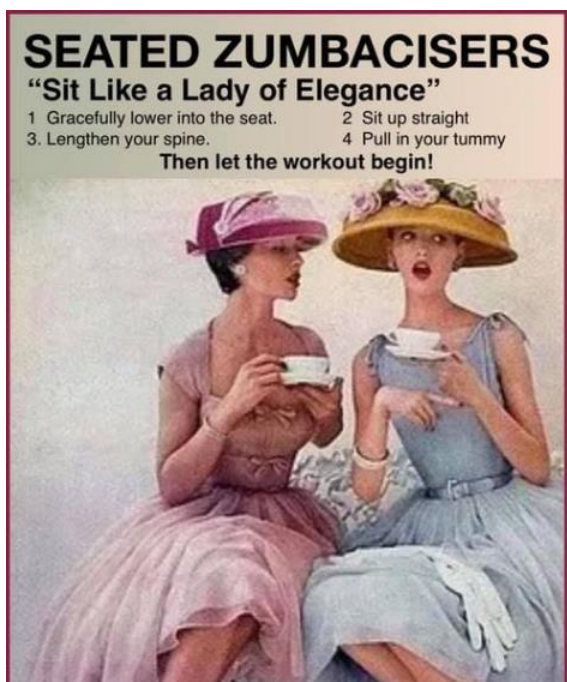
Washington Concord would like to invite you to their zoom talk WITH Sally Kettle on July 6th. 2pm. She will tell us the story of how she rowed the Atlantic with her mother. The theme of the talk is enduranceto keep going even when the going gets very tough. A timely lesson for us all at the moment. Sally is also involved with many charities as fundraiser and teacher. Please get in touch with Evelyn Clark to book a place - nanclark2005@yahoo.co.uk

Events coming up over the next couple of weeks.

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!

Thursday 24th June 7pm Karen Tann – Seated 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.



New Federation Event



ITS PANTO TIME - Oh yes it is!

The Federation has secured a block booking of tickets for The Customs House, South Shields for their next Panto – Friday November 26 at 6.30 pm

All tickets are £16 each, your ticket will include an ice cream.

Join Dame Bella, her hapless son Arbuthnot and the gang back in Cooksonville for another Adventure.

This year the team will be putting the Little Panto with the Big Heart twist on the classic tale of Rapunzel.

Come along for a laugh, a song and an evening of fun.

This is open to friends and family so bring a friend.

As there is no certainty about when WIs are starting to meet up again you must 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.

Confirmation will be given once this information is received. Tickets will be issued on the night.

Obviously if Pandemic regulations develop and the event is unable to take place refunds will be arranged.



Reminders About Events

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. \(ghost-detective.com\)](#)



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.



Denman At Home. <https://www.denman.org.uk/calendar/>

June 21, 2021

Monday

- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part (Evening)
- all-day ● Online Course : Qigong with Elaine – 4 Part (Daytime)
- all-day ● Online Course : Tilo's Travel Talk 'Inspired by Coins' – South America

June 22, 2021

Tuesday

- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part (Evening)
- all-day ● Online Course : Qigong with Elaine – 4 Part (Daytime)
- all-day ● Online Course : Preserves with Lindy – Spring Vegetable Piccalilli & Pickled Asparagus
- all-day ● Online Course : Simon's Talk – My Favourite Poems – Part 5 (Evening)

June 23, 2021

Wednesday

- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 4 Part (Evening)
- all-day ● Online Course : Qigong with Elaine – 4 Part (Daytime)
- all-day ● Online Course : Cook-Along with Alex – A Taste of France : Summer Salade Nicoise
- all-day ● Online Course : Geoff's Literature Talk on Jane Austen's 'Sense and Sensibility'
- all-day ● Online Course : Martin's Astronomy Talk – A Guide to The Summer Sky



Read and Rhyme.

Here are some of the new books on the market, one of the great things about the Pandemic is that I've been able to read a lot more than I normally have time for. One of the series I have enjoyed has been the Seven Sisters series by Lucinda Riley, the latest the Missing Sister which was published at the end of last month. Great stories that range right across the world so I was saddened to read of the death of Lucinda Riley this week, apparently, she has been battling cancer for a period of time and leaves behind a young family. Such a huge loss for the family and a great loss to her readers, she had such a storytelling talent. R.I.P. Lucinda





If you are staying in the area for your holidays and let's face it we haven't got a lot of choice, it's a great time to explore places in the area and take the opportunity to revisit traditional foods in the area. Here are recipes for a couple of my favourites, I love Kippers but hate cooking them in the house

and Yorkshire Fat Rascals with a bit of a twist!



The Process

"First, the herring are split down their backs on a machine capable of processing 500kg of fish per hour, which replaces the numerous 'herring girls' that used to do the job by hand. Next, the herring are placed in a brine solution for a predetermined length of time depending on their size. Lastly, they are hung on tenter hooks and placed in the cavernous smokehouses.

In the smokehouses, fires are placed under the rows of prepared herring, made of whitewood shavings and oak sawdust, and these smoulder away for up to 16 hours. This is where the skill of the smoker takes place, as the oak smoke changes the herrings into golden kippers. kipper.co.uk



Craster Kippers

"Kippers have been smoked in the small village of Craster, perched on the Northumbrian coast, for over 150 years. I'm the fourth generation of my family to smoke this world famous delicacy, using smokehouses that were built in 1856 and the traditional methods first employed by my great-grandfather, which have been passed down through generations over the centuries" — Neil Robson

Craster Kipper Club Sandwich

Serves: 4

Prepare: 5 minutes

Cook: 10 minutes

4 Craster Kipper fillets
1 tbsp butter
4 eggs
6 romaine lettuce leaves (crunchy is best)
1 ripe avocado
4 tbsp mayonnaise
1 lemon, juiced
Black pepper
8 slices of good quality brown bread (rye sourdough or Irish soda bread work well)

1. Place the kipper fillets in a piece of foil with the butter. Seal to make a parcel and cook in a hot oven, under a grill or on a barbecue for 4 to 6 minutes until hot throughout.
2. Meanwhile, put the eggs in a pan of boiling water for 4 to 5 minutes. Wash and finely shred the lettuce, peel and slice the avocado. Mix the mayonnaise with the lemon juice and some black pepper to taste in a cup. When the eggs are done, shell and slice or chop them to your liking.
3. Pile the lettuce and avocado onto four slices of the bread, dividing them equally. Skin the hot buttered kipper fillets and place on top, pouring the melted butter over the fish. Next, add a layer of boiled egg. Finally, slather the lemon mayo over the remaining four slices of bread and top your creation off to make four sandwiches. Eat while the juices are still hot.

Spicy Fat Rascals

Makes: 8 scones

Prepare: 15 minutes

Cook: 18 minutes

150g unsalted butter
250g plain flour, plus extra for dusting
50g wholemeal spelt flour
1 tsp baking powder
¼ tsp bicarbonate of soda
70g caster sugar, plus extra to sprinkle
Zest of 1 orange (or 10 drops of orange oil)
¼ tsp ground cinnamon
¼ tsp allspice
½ tsp grated nutmeg
150g dark chocolate (70% cocoa solids), coarsely chopped
50g currants
50g raisins
2 eggs
75ml semi-skimmed milk
10ml lemon juice
100g chopped hazelnuts

1. Preheat the oven to 200°C/ Fan 180°C /Gas 6). Line a baking tray with baking parchment.
2. In a large mixing bowl, rub the butter with the flours, baking powder and bicarbonate of soda until it resembles breadcrumbs. Add the sugar, orange zest or oil, spices, chocolate and dried fruit and mix together. Whisk 1 egg with the milk and lemon juice, then add to the dry mix. Work gently to form a dough (do not over-knead). The dough will be quite sticky.
3. Divide the dough into 8 pieces, about 100g (3½oz) each, and roll them into balls. You can use a dusting of flour to help if it is very sticky. Put the chopped hazelnuts into a bowl, whisk the other egg, then dip each ball into the egg wash, then the hazelnuts, then place on the lined baking tray nut-side up. Sprinkle with a little extra sugar.
4. Bake for 18 minutes then transfer to a wire rack to cool. These store well in an airtight container for 3–5 days.



Postbag – Remember our talk at Spring Council about Ovarian cancer we received this lovely letter thanking us for our donation

“Dear Joanne and members of the TWSFWI, Thank you for your donation of £50 to Target Ovarian Cancer and for inviting us to speak at your recent meeting. We know that the earlier a woman is diagnosed with ovarian cancer, the greater her chance of survival. Your support is helping make sure every woman is diagnosed at the earliest possible stage which quite simply will save lives. Your donation will help to train GPs all across the UK on the symptoms of ovarian cancer and the diagnostic pathway. Thanks to you, we will also be able to make more women aware of the symptoms and feel empowered to go to their GP sooner. Together we can transform the future for women with ovarian cancer. On behalf of the whole team here at Target Ovarian Cancer, thank you so much for your thoughtful gift.”

“Morning a fantastic read thank you” - Sue Furness

“Another brilliant news bulletin. Well done girls, I don't know how you keep coming up with everything you include, everyone looks forward so much to reading them” Elaine Wright

“I just wanted to say how much I enjoyed tonight's speaker. He's certainly given me lots to think about and Google! Fascinating stuff. Thank you again for putting on such a fantastic programme of events for members to enjoy across the Federation” Katherine Watson

It's officially Summer! Make the most of British Strawberries

7 WAYS WITH STRAWBERRIES

Plump, juicy red strawberries epitomise the British summer, and there are endless ways you can enjoy them

1 STRAWBERRY GIN

We love strawberries and we love gin, so we thought "why not combine them?" Crush 450g of ripe strawberries and put in a kilner jar with 150g of caster sugar. Leave for 3 days, shaking daily to combine. Then add 700ml gin and leave for 3-4 weeks to infuse. Strain and serve with tonic over ice.

2 THREE-INGREDIENT ETON MESS

One of our favourite summer desserts, evocative of days at Wimbledon. Crush a meringue nest per person and arrange in a bowl. Whip 400ml of double cream and add a couple of tbsps to each bowl. Hull and slice a punnet of strawberries and sprinkle them on top. Job done!

3 STRAWBERRY AND CUSTARD ICE LOLLIES

Hull 400g strawberries, then liquify and pass through a sieve. Stir in 150g of readymade custard and pour the mixture into six lolly moulds. Add the lolly sticks and freeze overnight for a delicious, refreshing treat.

4 STRAWBERRY JAM

Place 130g strawberries and 100g sugar in a large pan with lemon juice and heat gently, stirring occasionally until the sugar has dissolved. Bring to the boil for 5 minutes, until the setting point is reached. Test this by placing a teaspoon of jam on a cold saucer. Push your fingers through the jam after a couple of minutes; if it wrinkles it is set. If it isn't, keep going and try again in a couple of minutes. Then, skim off scum and leave to cool for half an hour. Stir and ladle into sterilised jars. Spread liberally over scones or toast.

5 MACERATED STRAWBERRIES WITH BALSAMIC VINEGAR

Hull and slice around 300 strawberries. Leave to stand in 2 tbsp of balsamic vinegar and 1 tbsp of sugar. After around half an hour, the strawberries will begin to marinate in their own juices, intensifying in flavour. Enjoy on top of pavlova, or with a scoop of vanilla ice cream.

6 CHOCOLATE STRAWBERRIES

A recipe so simple it is often (wrongly, in our opinion, bypassed). Melt a bar of good dark chocolate in a double boiler and dip your strawberries into it. For an extra sizzle and pop, you can try rolling them across a plate of popping candy afterwards. Then lay on some baking parchment and leave to cool. Our favourite dessert to take on staycations!

7 STRAWBERRY & FETA TART

Preheat the oven to 200°C/Fan 180°C/Gas 6. Place a sheet of ready made puff on a baking tray. Combine 200g cream cheese with the leaves from 2 sprigs lemon thyme, plus a grind of black pepper, and smear over the pastry. Scatter 125g sliced strawberries and 125g crumbled feta on top. Bake for 25-30 minutes, or until the pastry is golden. It tastes divine served warm, with a drizzle of balsamic and some rocket leaves on top.



WI News Paper Roses -virtual craft session - June's virtual craft session was about making paper roses and was enjoyed by all the participants. Although these sessions have proved popular especially when the weather was horrible and we had to stay home, since the advent of the better weather and some Covid regulations being relaxed the attendance has fallen, understandably since we all have so much catching up to do. At the committee meeting last week it was decided to suspend these sessions until October when there might be a need for them then. Thank you to everyone who logged in over the past few months and who knows we may soon be able to offer face to face craft workshops which are so much more fun than looking at a screen. Here are pictures for those of you who missed the session.

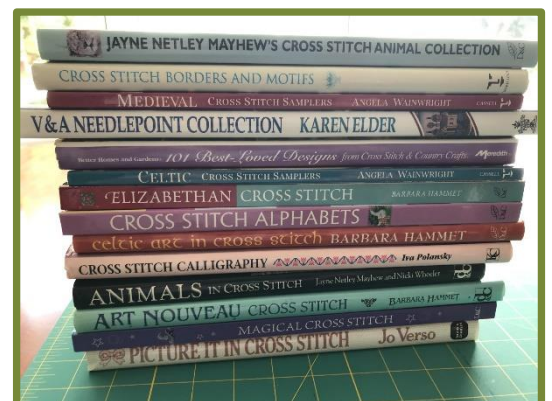


Liz Matthews took a walk in Washington Village on Bank Holiday she spotted these objects below - someone had yarn bombed the post box, also the original Old Smithy sign has gone up at The Forge Restaurant. Was it you who yarn bombed the post box ? – let us know !!!!!



Herrington WI were yet again fortunate in holding their 2nd Covid Coffee morning at The Board Inn. As ever Dave and his staff were wonderful and because of the lovely weather 18 members and a guest (potential new member) were able to enjoy 1.5 hours of chat and catch up. Under normal times, BC (Before Covid), at this June meeting members would have been celebrating the 94th year of a WI Institute being in Herrington. The party is on hold and no doubt, restrictions permitting, a very special 95th will be celebrated in 2022. The next scheduled WI coffee morning will be Tuesday 6th July, 10.30 am at The Board Inn.

Hilary Gutherie from Tunstall WI has 13 cross stitch pattern books and 1 needlepoint book which was given some years ago by the family of a lady who had died. Unfortunately, Hilary sews clothes rather than this type of needlework and they have been stuck in a cupboard since she was given them. They are in very good condition and free to someone who will be able to put them to some use. If there are any needlewomen who could use them please ring or email Hilary to arrange collection/delivery. 07730 647361 or email hguthrie2@aol.com.



Joan Brown from Chilton Moor WI was particularly interested in our recycling article in the last bulletin she would like members to know that tablet blister packs can also be recycled. Superdrug shops with a pharmacy have a collection box. The ones that do in our area are Chester-le-Street, Sunderland and Newcastle. I am pleased these are now recycled as there such a lot of waste on them



Word Search

Wordsearch

Find all the words relating to scones in the grid. Words can run horizontally, vertically, forwards, backwards or diagonally.

BAKE	MIX
BROWN	PLAIN
BUTTER	POTATO
CHEESE	RAISIN
CREAM	SALT
DEVON	SODA
DOUGH	SUGAR
FLOUR	SULTANA
FRUIT	SWEET
GLAZE	TEATIME
JAM	TREACLE
MILK	WATER

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

Some interesting facts here - have we many lady billionaires reading? And who knew that about lettuce?
Be careful who you offer a salad sandwich to!

WOW!

Putting milk in your cup before the tea makes it taste creamier.

◆ The collective noun for bishops is a "sea".



Bamboo can grow up to 151 feet tall

◆ The term barbecue comes from the Caribbean word "barbakoa" meaning "frame of sticks".

◆ A newly discovered Australian spider has been named *Maratus nemo* as it has a face like the fish in *Finding Nemo*.



75% of dogs are right-pawed

◆ Under American law, eggs have to be washed and refrigerated before sale. Under British law, it's forbidden to wash or refrigerate them before sale.



◆ There are 125 miles of navigable waterways on the Norfolk Broads.

◆ A "chain" is a unit of length equal to 66 feet, based on an actual surveyor's chain created by Edmund Gunter for measuring land in the 16th century. There are 10 chains in a furlong and 80 chains in a mile.



A humpback whale can live to the age of 90

◆ Foul-smelling ethyl mercaptan has been added to liquid petroleum gas since 1937, so you can smell when there's a leak.

WOW! British passports have only carried photos since WW1.



◆ The smell of freshly mown grass comes from chemicals released to seal the cut stems and prevent fungi and bacteria from entering.

FANCY THAT!

Facts to make you go "WOW!"



◆ The ancient Egyptians considered lettuce to be an aphrodisiac.

◆ Prior to 1917, car tyres were white, which is rubber's natural colour. They were dyed black to protect them from sun damage.

◆ Pork scratchings are Britain's favourite pub snack, followed by salted peanuts and dry roasted nuts.

◆ 500 million people play chess worldwide.



◆ Magician David Copperfield once needed a fingertip stitching back on after accidentally cutting it off during a rope trick.

◆ The standard OO scale for model railways was designed by Bing in 1921 for its Table Railway.

◆ The number of female billionaires increased by more than a third in the past year.

◆ According to England's health Index, Richmond upon Thames has the country's healthiest eaters.

◆ A UK wedding legally requires two witnesses.



Polar bears can swim at 6mph



As women we must take care and beware of our vulnerability to bone problems. I found this article which gives us some very useful ideas for taking care of our bone health.

7 Beware Calcium 'Blockers'

Salty convenience foods and fizzy drinks containing phosphoric acid can leach calcium from bones while too much caffeine is also linked with lower levels of calcium in the body. In the long-term, these can contribute to weakening bones – as can faddy and exclusionary diets that eliminate food groups and limit fruit and vegetables.



8 Get Some Sun

"Now's the time to get outside and make the most of the sunshine," advises Sarah. "Vitamin D is made in the body by direct sunlight on the skin and helps the body absorb calcium." Consider taking a supplement in autumn and winter. (Try Healthspan Vitamin D3 10mcg - £8.95 for 240 tablets – healthspan.co.uk)

9 Work On Your Balance

This reduces your risk of slipping, tripping or falling – and potentially breaking a bone. "Although falling feels like something that happens to you and that you have no control over, this isn't always the case," explains Sarah. Whatever your fitness levels, find out more about exercises and activities you can do to improve your balance and coordination, and protect your bones.

10 Discuss Whether HRT Can Help

Replacing depleted oestrogen levels in women experiencing menopause symptoms has the added benefit of protection for the bones, says Sarah. While some GPs remain cautious about prescribing HRT because of historic data linking it to increased breast cancer risk, for most women taking HRT for symptoms the benefits far outweigh the risks.

"Call our helpline to discuss when HRT might be prescribed for osteoporosis," she suggests. MW

HORMONE
REPLACEMENT
THERAPY



DON'T MISS IT!

NOURISH
your ultimate guide to health & happiness



MIND | BODY | SOUL

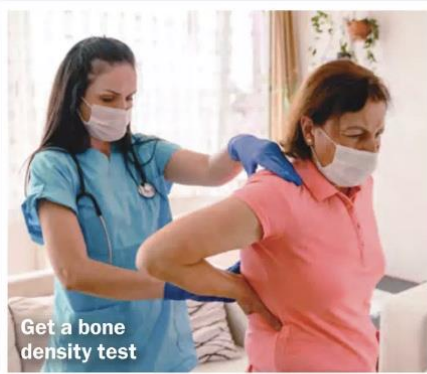
NOURISH is your ultimate guide to health and happiness. Available from www.dcthomsonshop.co.uk/nourish or by calling 0800 318 846. Price £6.99.

10 Bone Commandments

Most of us only realise we have osteoporosis when we break a bone – follow these tips to protect your skeleton

1 Assess Your Risk

There are several factors that increase your risk of osteoporosis, including your age, certain medication, such as steroids, and being underweight. Take the test at <https://stopatone.theros.org.uk/> and request a bone health assessment from your GP. If you're worried, a bone density test will flag up the need for treatment or put your mind at ease.



Get a bone density test

2 Feed Your Bones

Dairy is a great source for bone-building calcium, says Sarah Leyland, of The Royal Osteoporosis Society (www.theros.org.uk). "Although people who are vegan or lactose intolerant can get calcium from tofu, dried fruit, pulses, almonds and broccoli." And ensure you eat enough protein. A study of 144,000 postmenopausal women found that higher protein intake was linked to lower risks of fractures and high bone density.

Have high protein snacks



3 Watch Your Weight

If you're underweight or overweight, your risk of osteoporosis and broken bones increases. "To protect your bones, you should aim for a healthy body weight," says Sarah. That's a BMI (Body Mass Index) of 19 to 25.

4 Snack On Prunes

Prunes contain potassium and boron which are thought to boost bone metabolism and prevent loss of bone mass over time. Studies have shown that a diet rich in prunes can help prevent the detrimental effects of the menopause on bone density.



Boost bones with prunes!



Impact exercise strengthens bones

5 Jump!

"Activities involving impact, such as running, jumping and skipping, causing a jolt through the skeleton, help strengthen the bones," says Sarah. Swimming and cycling don't count as the body's weight is supported and walking isn't quite enough. "You should also do resistance exercise, such as lifting weights (even tins of beans) or using resistance bands, in which your muscles are pulling on your skeleton, as this boosts bone strength."



6 Avoid Drinking Every Night

Most of us have drunk more during the pandemic but now is the time to re-evaluate your alcohol intake, suggests Sarah. Alcohol appears to affect the cells that build and break down bone and, of course, when under the influence, you become unsteady – increasing your risk of falls.



Sad news

Sadly, many of our members lost dear friends over the past couple of weeks – our thoughts are with you all.

Old Penshaw WI informed us of the passing of one of their longstanding and loyal members, Ann Marsden. Ann had been a member for many years and was always supportive of many endeavours, whether it be manning the refreshment stall at the local community Christmas fayre, knitting trauma teddies or delighting everyone with her amazing sweet-mince pies at Christmas time. Ann could always be relied on to join in, contribute and always do her bit for us her friends and the wider community, she'll be very much missed.

Whickham Fellside also lost a great friend when Ann Dodd past away, she will be greatly missed.

Washington Station members were very shocked to receive the news that one of their long standing members, June Lawson passed away suddenly on Tuesday 8th June. June was a loyal and active member of the WI since 2005, serving on the committee where her contributions were greatly appreciated. For a number of years, she organised an annual Plant Sale and June, an accomplished Parchment Crafter, was always willing to share her crafting skills with members too, many of us have attended her classes and learned new skills from her. She will be a huge miss, our thoughts are with her family. Rest In Peace.



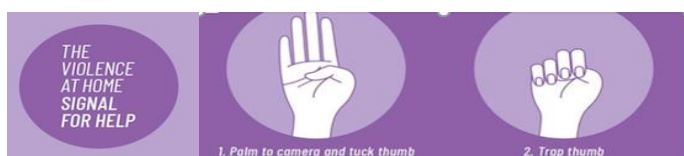
Best Wishes

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

0191 5845814

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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

<https://www.youtube.com/watch?v=nUJV-gwvdB8>