

## News Bulletin 41

30<sup>th</sup> June 2021  
Charity Number 1099003  
Perth Green Community Centre, Inverness Road  
Jarrow, NE32 4AQ

Hello Everyone,

I hope you are safe and well and taking the opportunity to get out and be a bit more active. I know lots of you will be enjoying the football and tennis and that others like myself will be taking the opportunity to catch up on our reading whilst all the matches are on.



This is our first mention of Christmas but we are arranging a Christmas Craft Day on Saturday 6<sup>th</sup> November at the Federation office. 10am – 4pm. Bring a packed lunch, coffee tea and mince pies will be provided. £10.00 per person all craft materials will be supplied, as space is limited if you want to attend, please send your booking to


the office with a cheque for £10.00 as soon as possible. Cheques must be made payable to Tyne and Wear South Federation of WI's (this must be written out in full and not abbreviated)

Don't forget to send us pictures of anything your WI is doing over the Summer so that we can share it with others.



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

Date & Time	Event	ID/ Password Cost
Thursday 15th 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 <b>Free</b>

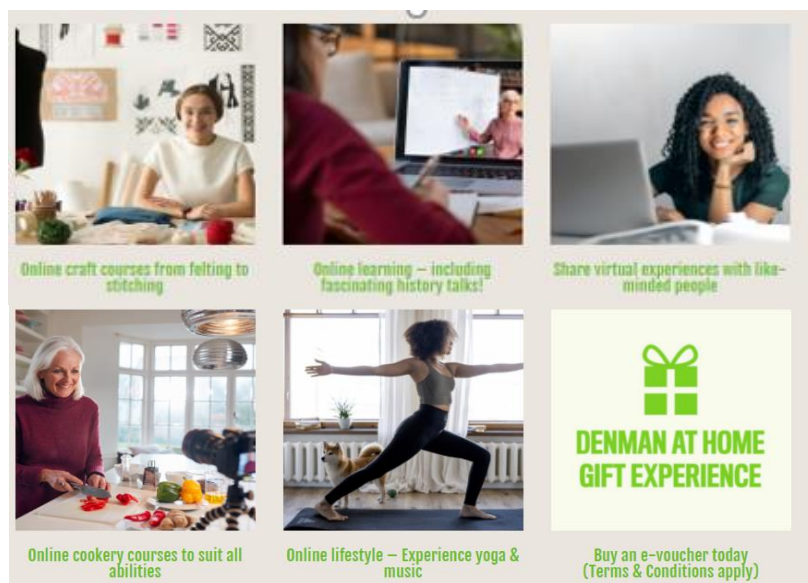
Wednesday 21 <sup>st</sup> July 10.30am	Cleadon Hill Walk. The route is a 5.28-mile ramble over the hills and the coastal path at South Shields. Meet at 10.30am at the Marsden Inn car park.	<i>(we will be walking in line with government guidelines)</i> <b>Free</b>
Saturday August 7 <sup>th</sup> 11am (note new time from 1pm)	 <p>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.</p>	<b>Free</b>
Wednesday 18 <sup>th</sup> 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> <b>Free</b>
Thursday 16 <sup>th</sup> 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 <b>Free</b>
Thursday October 21 <sup>st</sup> 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.	Issued once requested <b>Free</b>
<b>NEW</b> Saturday November 6 <sup>th</sup> 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. First come first served basis as numbers are limited	£10.00 per person Payable through the office
Friday November 26 <sup>th</sup> 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 <b>full</b> cost of the tickets. Confirmation will be given once this information is received. Tickets will be issued on the night.	£16.00 per ticket including ice cream

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

Please make cheques payable to Tyne and Wear South Federation of WI's.

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

There is a brand new programme out for July – some really interesting talks and demonstrations.



#### July 1, 2021

Thursday

- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 6 Part (Daytime)
- all-day ● Online Course : Patricia's Talk on The History of English Gardens
- all-day ● Online Course : Peter's Talk on London's Spectacular Riverside History – Part 2 (Daytime)
- all-day ● Online Course : Tracing your Convict Ancestors with Jessica

#### July 2, 2021

Friday

- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 6 Part (Daytime)
- all-day ● Online Course : Simon's Talk – Memorials, Memories & Other Berlin Stories (Morning)

#### July 3, 2021

Saturday

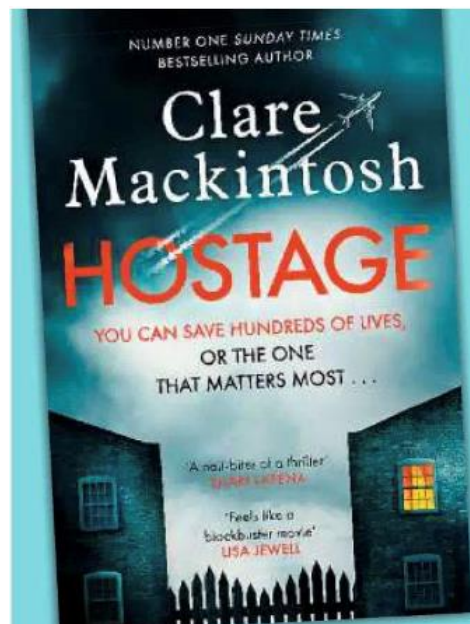
- all-day ● Online Course : Gentle Mindful Yoga with Elaine – 6 Part (Daytime)
- all-day ● Online Course : iPhone Photography with Janine – 4 Part Course
- all-day ● Online Course : Decorate a Drip Cake with Kelly – NHS & Frontline Day Tea Party Theme



## Read and Rhyme.



There are lots of new books hitting the shelves just in time for summer holiday reading, it doesn't matter where you are on holiday, if you've got a good book. I've just finished Lesley Pearce's new book "Suspects" and thoroughly enjoyed it.



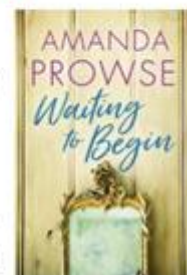
### Hostage by Clare Mackintosh (Sphere)

The atmosphere on board the first non-stop flight from London to Sydney is electric. Flight attendant Mina is trying to focus on the passengers, instead of her troubled five-year-old daughter back at home or the problems in her marriage. But soon after the plane takes off, Mina receives a chilling anonymous note. Someone wants to make sure the plane never reaches its destination, and they know exactly how to get her co-operation. Chilling!

### Waiting To Begin

by Amanda Prowse (£8.99, PB, Amazon Publishing)

Alternating between 1984 and 2021, this novel shows how Bess, a girl with dreams, is now, at nearly 53, weary and heartbroken. She learns that while you can't change the past, you can begin again.



### The Disappearing Act by Catherine Steadman (Simon & Schuster)

Mia has travelled to LA to make it as an actor in Hollywood. At an audition, she meets Emily, and when Emily goes missing, Mia is the last person to see her. Then a woman turns up claiming to be Emily, but she is nothing like Mia remembers. Dark and compelling.

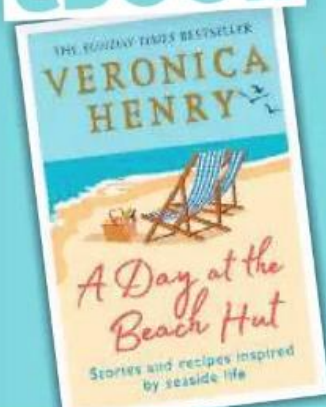
### A Very French Wedding

by Maeve Haran (£8.99, PB, Pan Macmillan)

Escape to the Dordogne as wealthy Meredith and divorced Jo resume their long-standing friendship with Steph, who runs a local B&B. Within days, Meredith has bought a chateau and invited her friends to help develop it into a wedding venue. Relationships and emotions ebb and flow, with secrets and misunderstandings threatening to delay happy endings.



### eBOOK



### A Day At The Beach Hut by Veronica Henry (Orion)

On a summer's day at the coast, a family enjoy their last holiday at a much-loved beach hut. But a couple's future is turned upside down, and a celebratory evening takes a stormy turn. And as the sun sets, an unexpected romance is simmering...



## WHAT'S COOKING?

### Cherry and plum bread and butter pudding



Cherry and plum bread and butter pudding

250g plain flour  
2tsp baking powder  
1tsp ground cinnamon  
85g butter, melted  
100g light muscovado sugar  
150ml milk

2 large free-range eggs  
4 eating apples  
250g blackberries

**for the topping:**

50g butter  
2tbsp light muscovado sugar  
icing sugar, to dust

**you will also need:**

a 22cm springform tin, buttered and dusted with caster sugar

**1** Heat the oven to 190C/Gas 5. Sift the flour, baking powder and cinnamon into a large bowl. Add the butter, sugar, milk and eggs and slowly whisk until well combined. Pour into the tin.

**2** Peel and core the apples and cut each one into about 8 wedges. Arrange on top of the cake, then add the blackberries, pushing them into the batter a little. Dot over the butter, sprinkle over the sugar and bake the cake for 45-55 mins, or until a skewer comes out clean. Allow to cool in the tin. Dust with icing sugar, then serve.

8 slices (about 250g) brioche  
120g cherry jam  
3 plums, stones removed, sliced  
2 nectarines, stones removed, sliced  
50g raspberries  
15g pistachios, chopped  
icing sugar, optional, to serve

**for the custard:**

600ml full-fat milk  
2 free-range eggs  
30g caster sugar  
2tsp vanilla bean paste

**you will need:**

a 20 x 27cm ovenproof dish or tray, lightly buttered

**1** Heat the oven to 180C/Gas 4. Spread the sliced brioche with jam, tear it up and place in the dish. Arrange the fruit and nuts on top.

**2** Mix the custard ingredients together and pour over. Bake for 30 mins.

**3** Cool for 5 mins before serving and sift over the icing sugar, if using.

### Apple and blackberry cake



Apple and blackberry cake



With the lifting of restrictions on the horizon and hopefully good weather on the way there's no better time to experiment with some Summer Cocktails. Relax in the garden with one or two of these delicious drinks.



### *The crowd pleaser*

#### **PINK SANGRIA** Serves 6-8

250ml pomegranate and raspberry juice  
750ml bottle sparkling rosé  
400ml sparkling water  
100ml triple sec  
220g strawberries sliced into rounds  
1 orange, sliced  
½ watermelon, thinly sliced into small wedges

Combine all the cocktail ingredients in a large jug, then add the sliced fruit.

### *The sweet one*

#### **FROZEN STRAWBERRY MARGARITAS** Serves 4

220g strawberries  
100ml tequila  
30ml triple sec  
30ml lime juice  
300g ice cubes  
1 egg white  
2tbsp caster sugar

Blend the strawberries with the liquids in a blender. Add the ice cubes and blend again. Dip the rims of 4 glasses in the egg white, then into the sugar. Divide the drink between the glasses.

### *The couple's sundowner*

#### **PERONI LIMONI** Serves 2

mint leaves  
30ml lemon juice  
10ml sugar syrup  
60ml limoncello  
300ml Peroni

Put the mint leaves, lemon juice, sugar syrup, limoncello and some ice in a cocktail shaker, and shake well. Sieve the mixture into two highball glasses, then top up with the Peroni. Garnish with a lemon slice and a few mint leaves.

### *Hooked on the classics?*

All drinks serve 1

#### **NEGRONI**

Mix together 30ml each of Campari, gin and red vermouth and pour into a short tumbler with ice. Garnish with an orange slice.

#### **APEROL SPRITZ**

Put a few ice cubes into a large stemmed bowl glass. Add 50ml Aperol and top up with Prosecco to taste and soda water, if liked. Decorate with orange slices.

#### **ICED ESPRESSO MARTINI**

In a cocktail shaker, mix a few ice cubes with 30ml cold-brewed espresso, 25ml vodka, 25ml Kahlúa, 30ml Baileys. Sieve into a glass over crushed ice.

#### **TIP: HOW TO MAKE SUGAR SYRUP**

It's used in many cocktails and is so easy to make. In a pan, over a gentle heat, dissolve 300g sugar in 150ml water. Cool, keep in a sterilised bottle in the fridge for up to four weeks.



How many of you can remember 1979? I know lots of you weren't yet born and to some of us it doesn't seem that long ago! At 25 I was a young teacher in a comprehensive school, about 5 stone lighter, living in Newcastle and hadn't yet learned to drive, how things change. But I'm still 25 in my head!

# 1979 and all that

Songs and shrimp paste or satnav and smashed avocado?

## 1979 2021



**Ten Green Bottles in the back seat**  
**Bucket and spade**  
**Fab lolly**  
**Road atlas**  
**Fish and chips**  
**Jigsaw**  
**Cinema**  
**Camping**  
**Unsupervised wild flower picking**



**Thermos flask**  
**Cortina estate**  
**I Spy**  
**Shrimp paste**  
**Sandwich**  
**Jelly shoes**  
**Aertex shirt**  
**Costa del Sol**  
**Jackie Collins**  
**Hawaiian Tropic**  
**Mateus Rosé**  
**Blondie**  
**Bottleneck on the A303**



**Queues likely**



**Reusable cup**  
**Qashqai with roof box**  
**iPad**  
**Silence in the back seat**  
**Bucket and spade**  
**Vegan lolly**  
**Satnav**  
**Fish and chips**  
**Fortnite**  
**Netflix**  
**Glamping**  
**Guided foraging**  
**Boutique hotel**  
**Airbnb**  
**Smashed avocado**  
**Wrap**  
**Deck shoes**  
**Polo shirt**  
**Cornish Riviera**  
**Sophie Kinsella**  
**Biodegradable factor 50**  
**Whispering Angel**  
**Taylor Swift**  
**Bottleneck on the A303**





## WI News

Karen Tann ran an exercise class this week for us during our Federation zoom meeting. There were 29 participants and Karen led us through a series of exercises. I thoroughly enjoyed it, made better by the fact no one could see me exercising and how uncoordinated I am. We had visitors from some of Karen's regular classes and from other WIs in different parts of the country. Karen has sent details of her regular classes and an invitation to anyone who wants to join in.



I met Fells Angels member Suzanne Taylor in the car park. Suzanne has recently joined the WI and is looking forward to being actively engaged in WI activities. It was lovely to meet you Suzanne despite the mizzling rain. Hope to see you again.

Congratulations to Sister of Shields WI wine club who got a mention in this month's WI Life for hosting a party to celebrate the Eurovision Song Contest

Sadly, the planned walk and meet up at Herrington Park was unable to take place last Saturday because of poor weather conditions. I hope everyone who wanted to go got the cancellation notice, I did try as many avenues as possible to get the word out. I did go along at two in case anyone hadn't got the message.



▲ The 'Sipsters' wine club members of **Sisters of South Shields WI, Tyne & Wear South Federation** celebrate being back together for a tasting event themed around the *Eurovision Song Contest* – with each one dressed to represent a different country



Are you attempting the no plastic July challenge? You might not get down to zero plastic use but if you try you will reduce your total plastic usage.



## Plastic-free July

Are you ready for Plastic-free July?

Now in its 10th year, the global campaign encourages everyone to take a small step for themselves and a giant step to help the planet by avoiding plastic for the month of July.

This year the ambitious target is to reduce that waste by one billion kilos.

So far, over 250 million people around the world

have managed to reduce their own plastic waste by an average of 5% (23 kg).

Thanks to the campaigning actions of Sir David Attenborough and others, we're all aware of the harm plastic waste causes in the environment.

Not only does it harm wildlife directly, but also the tiny particles of degraded plastic pollute our soil, water and air – and we don't fully

understand the effects that might have on life on our planet in the decades to come.

Last year, many participants started by refusing at least one type of single-use plastic, but 90% then created long-lasting habits that went far beyond July.

For lots of suggestions of how you can help, and to learn more, visit [www.plasticfreejuly.org](http://www.plasticfreejuly.org).

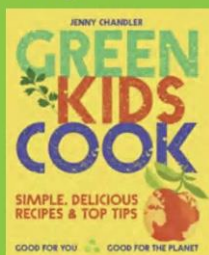
## For Peat's Sake

Sales of peat compost are to be banned in England from 2024 to conserve a valuable natural resource and help to limit climate change. Digging and burning peat releases CO2 into the atmosphere.

New peat-free composts are available.

## Green Kids Cook

It's aimed at the younger members of the family, but Jenny Chandler's "Green Kids Cook" (Pavilion, £14.99) is a fantastic opportunity for the generations to share cooking and converse about things that matter. With over 60 healthy, sustainable recipes, eco tips, facts and fun projects to try, there's something new to learn on every page – for all ages!



1 million tonnes of plastic waste are dumped in the oceans in a month

Source: [www.theworldcounts.com](http://www.theworldcounts.com)

# Think Green, Be Green

News and tips for living sustainably

## More Than Milk

The switch to traditional doorstep milk deliveries continues to grow apace.

Now, online doorstep delivery service Milk & More have added a range of eco-friendly household products and toiletries in sustainable or refillable packaging to arrive alongside the daily pinta. Visit [www.milkandmore.co.uk](http://www.milkandmore.co.uk) for more information.

The service is available only in England at present.



## Shop App-y

Have you seen the CoGo app?

It takes the effort out of ethical shopping, helping you to discover thousands of businesses across the UK that match the issues you care about, including loads of great independent stores. Importantly, it also promises never to share or sell your data. Available for Apple and Android phones, you can find it on the App Store or Google Play.

Just 20 polymer producers account for over 50% of all single-use plastic waste

Source: Minderoo Foundation.

## Top Of The Crops

Green fingers are growing! A recent survey of 2,000 Brits for Linda McCartney Foods found that more than half had started cultivating their own fruit and vegetables in the last year. Reasons included wanting to save money, help the environment and eat more healthily.



Here is a project that might help you in your Plastic Free July endeavours, make these and reduce the amount of cling film you need for picnics.



Tested by us so they work for you

Difficulty level ★★☆☆

*Have a go at...*

**MAKING BEESWAX WRAPS**

For an eco-conscious alternative to cling film, turn your scrap fabric into reusable wax wrappers





#### YOU WILL NEED

- ❖ Cotton scrap fabrics
- ❖ Pinking shears
- ❖ Baking tray
- ❖ Baking paper
- ❖ Wax drops
- ❖ Old paintbrush

**Note:** Look for wax drops that contain beeswax as well as pine resin, and either jojoba oil or coconut oil. Pure beeswax will create a stiff wrap, but these added ingredients help them stay flexible once set.



**1** Begin by trimming the edges of your fabric scraps with pinking shears. If you don't have a pair, it's a good idea to hem the fabric to stop it from fraying.



**2** Line a baking tray with baking paper and position the fabric on top. Make sure the paper covers the tray entirely to avoid wax getting on the tray.



**4** Once the wax has begun to melt slightly, remove from the oven and spread the wax around with the paintbrush until the whole surface is covered in wax.



**3** Sprinkle some wax drops on top of the fabric, spreading the drops out to the very edges. Put in the oven on a very low heat, around 100C/below Gas 1 for five minutes.



**5** Return the baking tray to the oven until the wax has completely melted. Peel the wax wrap from the baking paper and hang up to set. Once the wax has set, which should take about two minutes, they're ready to be used to seal bowls, cover food and wrap up leftovers. To clean, wash in cool water with a mild washing-up liquid. Store out of sunlight and away from heat sources.

#### TIPS

- ❖ If there are any creases in your fabric after use, simply sandwich between 2 pieces of baking paper and use an iron on a low setting to iron out the crinkles.
- ❖ If your wraps lose their stick, don't throw them away! Simply refresh your wax

wraps every six months or so by following steps 2-5 again.

- ❖ It's possible to oversaturate your fabric, so it's best to start with a small amount of wax first. Once the first amount of wax has melted, you can add more to the gaps on the fabric.



## Word Search

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

## BEAUTY SPOT

Take a picnic with you as you head out on a whistle-stop tour of these places around the Chilterns.

AMERSHAM  
ASHRIDGE  
ASSENDON  
CHENIES  
CHESHAM  
CHOLSEY  
DAGNALL  
EWELME

FINGEST  
GORING  
HUNDREDS  
IBSTONE  
ICKNIELD WAY  
MANORS  
MARLOW  
MEADOW



Sudoku is a puzzle based on a small number of very simple rules:

1. Every square has to contain a single number.
2. Only the numbers from 1 through to 9 can be used.
3. Each 3x3 box can only contain each number from 1 to 9 once.
4. Each vertical column can only contain each number from 1 to 9 once.

### Before you go

With a number of public toilets closed over the past year, a Can't Wait Card ([crohnsandcolitis.org.uk](http://crohnsandcolitis.org.uk)) can make it easier for those with medical conditions to gain discreet access to toilet facilities in shops, restaurants and other buildings. [Lockdownloo.com](http://Lockdownloo.com) has a handy UK 'loo-cation' map of toilets open to the public, too.

	2	1					6	9
3		9						
5			6	1	9	4		3
		5		9				6
8	9	3				2	1	7
2				3		5		
6		2	5	7	8			1
						7		2
7	1					6	5	



It is a well-known fact that I'm an exercise phobic, I enjoyed Karen Tann's exercise session for the Federation last week because no one could see me huffing and puffing! This article suggests we can get fit just doing everyday things, I might give it a try when I finish the current book I'm reading!

# 20 ways to get fit the EASY WAY

*Never seem to find the time for exercise? Or the motivation? If it all feels like too much effort, check out these super-easy ways to shape up – by stealth!*



**1** When making the dinner, pop some music on and dance as you cook. 'Dancing requires zero equipment, and yet has many benefits,' says Stannah's occupational health advisor, Helen Stirrup. 'It helps improve balance and also keeps your brain sharp.'

**2** Do 10 squats before each meal. 'Muscle-building exercises you can do with your own body weight are popular,' says Matt Lawson, health and nutrition expert at Tanita, body composition analysts. Try push-ups, burpees, the plank, lunges and squats.

**3** Do pelvic-floor exercises when waiting for the kettle to boil.

**4** Drink 1-2 litres of water a day. Staying hydrated improves blood flow and circulation, which is key in the delivery of oxygen to your muscles. 'One of the main side effects of dehydration is tiredness,' warns personal trainer Luke Gray. 'Not drinking enough water leads to poor performance in your muscles and can increase the risk of injury.'



**5** Do some gardening. Being out in nature has been proven to boost your mood, and help beat anxiety and depression. 'Gardening is a form of exercise that works the whole body, helping to strengthen bones, muscles and joints, while also keeping blood pressure at bay,' says Helen. 'In fact, an hour of gardening can help burn 288 calories.'



**6** Meet a friend for a walk instead of cake and coffee – you can chat as you stroll, and have the cake and coffee after your walk.

**7** Leave the TV remote by the telly. It'll make you get up and walk to change channels. 'Equally, the steps you take to visit the kitchen for a hot drink or glass of water all count towards your daily movement,' says Helen. 'Every step really does count and activity like this replaces (or breaks up) sedentary time, which has been claimed to be as dangerous for our health as smoking. Ultimately, small but regular movements throughout the day will accumulate to help you achieve a healthier body.'

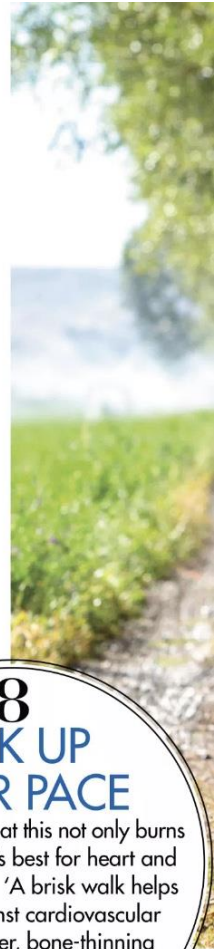
## 8 PICK UP YOUR PACE

Research shows that this not only burns more calories, it's best for heart and brain health too. 'A brisk walk helps to protect against cardiovascular diseases, cancer, bone-thinning osteoporosis and dementia,' says Dr Melanie Wynne-Jones.

**9** Forget about hitting 10,000 steps. Experts reckon this unrealistic daily target puts too many of us off staying active and it isn't based on scientific evidence – it's just a figure marketing people came up with years ago to sell pedometers. Instead of aiming for a set amount of steps, simply try to increase the amount you move each day.

## 10 USING PUBLIC TRANSPORT?

Get off a stop or two earlier and walk the rest of the distance.







## 11 BORROW A DOG

Unless of course you have one of your own. They're a great incentive to get outside and walk – one of the best exercises you can do. Visit [borrowmydoggy.com](http://borrowmydoggy.com)

**12** Buy a bike. And do all those local journeys on two wheels instead of in the car. You can also do longer rides with the family or friends at weekends. Check out local routes at [sustrans.org.uk](http://sustrans.org.uk) or call 0117 926 8893. Or visit [letsride.co.uk](http://letsride.co.uk) – the website of cycling body British Cycling.

**13** Stand on one leg when brushing your teeth, morning and evening. It will help improve your balance and reduce your risk of falls.

**14** Sign up for some home HIIT. 'High intensity cardio exercise sessions are great for raising your heart rate and switching your body into fat-burning mode,' explains Luke. And because they're short and sharp and you can do them from home, they won't eat into your time. Luke is the founder of online health studio [feelnoo.com](http://feelnoo.com), specialising in fitness programmes for the over-40s.

## 15 WASH THE CAR

It will give you a gym workout without the monthly membership fees. Forget the weights – carrying the buckets of water is great strength training. And all the polishing will help tone the muscles in your upper arms and banish those bingo wings!

**16** Get up off the sofa and do some housework. 'Household jobs, such as vacuuming and dusting, can burn off a surprisingly high number of calories,' says Matt. In just an hour you can burn an average\* of:

**194** calories **Vacuuming or mopping the floor**  
**176** calories **Cleaning the windows**  
**174** calories **Dusting**  
**113** calories **Ironing**  
**116** calories **Doing the laundry**

\*Values are based on a 37-year-old female, 5ft 5in tall and weighing 12 stone/76kg.



**17** Don't just sit there! Watching TV? Do 'alphabet' moves with each foot, and stand up and do a lap of your lounge every 15 minutes. Keep moving regularly too when you're at the computer or on your laptop or phone. Research suggests that fidgeting can burn up to an extra 350 calories a day.

**18** Stretch before bed. A spot of daily yoga will build strength and flexibility, and help you relax for a better night's sleep. 'Yoga moves can help strengthen your spine and prevent and ease back pain,' says yoga teacher Sue Fuller ([yoga2hear.co.uk](http://yoga2hear.co.uk)).

**19** Get a celeb trainer. Yes, it's surprisingly affordable in terms of both money and time because the BX Plans fitness guides are just £12.99 and they've been used by Dame Helen Mirren, Prince Charles and PM Boris Johnson to keep in shape. Created by Dr Orban in the 1950s for the Royal Canadian Air Force, the plans are basic exercises based on age and fitness, which can be completed in just 11 minutes without the need for equipment. Visit [bxplans-uk.com](http://bxplans-uk.com)

WORDS: TANYA PEAREY. PHOTOS: GETTY



**20** Park at the furthest space in the supermarket car park to up your step count.





## **Federation Pandemic Financial Report**

The past 16 months have been a big drain on the Federation finances. Once we received the subscriptions for the year 2020 there was no income at all until May 2021 when WI's were able to pass on subscriptions received for this year 2021 – 2022. During the whole period, the office and the Board of Trustees continued to operate as best they were able. In the period that the office was physically closed Joanne worked from home, setting up her computer and files in her spare room. Obviously during the lockdown/pandemic period even though there was no income there was still expenditure.

Joanne's wages, office rent and outgoings for the telephone, internet and printer had to be met. Perth Green Management kindly waived a quarter rent for us even though they were in a similar situation with no income.

The Board at no time considered furlough for Joanne a decision which has been justified in that we have been able to keep in contact with as many members as possible over this difficult time.

700 plus women are in receipt of our news bulletin which we started sending out at the beginning of the first lockdown. We have now sent out over 40 issues and it has been a major method of communication with members. This would not have been possible if Joanne had been furloughed.

Early in the lockdown the Federation took out a subscription to Zoom which has proved invaluable. All Trustees and Committee meetings have been able to cover lots of business in these meetings. One of the advantages of having zoom meetings meant that during the dreary Winter days no one had to turn out to attend the meetings and could wear their slippers! Because of zoom, officers of the Federation have also been able to attend the National Council meetings, Advisor's meetings, National Consultations, NFWI Judge meetings and training events and all without incurring travel costs and accommodation fees.

Zoom has allowed the Federation to host events for the whole Federation. Whilst many WI's used zoom several of our WI's did not. However, within those WI's some of the members were zoom users, by providing Federation events that all members could access the Federation was able to reach as many members as wanted to participate.

During lockdown we have several Committee members who have committed themselves to training in order to support the work of the Federation. Elaine Wright, Vice Chairman of the Board, Chair of Membership and Public Affairs Committee has been training to be an IFE trainer, this has been a considerable undertaking on Elaine's behalf but it means that in future our IFE's can be trained in house.

Christine Parker, Bowes Belles WI and Wendy Liddle, Sister of Shields WI, both Membership and Public Affairs Committee members have both been successful in applying to be trained as Federation Advisors.

The Board of Trustees is making every effort going forward to plan Federation events and sincerely hope you will be there to support these events.

## WI diaries



This is the last month the office will be taking orders for WI diaries, the diary is a lovely WI green colour, it is completely recyclable, with the exception of the ribbon. These are priced at £5.50 and would make great stocking fillers or raffle prizes. Please give Joanne a ring in the office if you would like to order one.

Take care everyone

## Best Wishes

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

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<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:** 0800 2000 247