

## News Bulletin 43

3<sup>rd</sup> August 2021  
Charity Number 1099003  
Perth Green Community Centre, Inverness Road  
Jarrow, NE32 4AQ

Hello Everyone,

I hope you are all fit, well and enjoying a bit more freedom of movement. I have just finished a “virtual holiday”, we had a whole week without any Nana duties so John and I took the opportunity to have a ‘staycation’ with trips to York, South Shields and Whitley Bay. Then last week we had a full week with two of our grandsons and that was a busy week! Whitby, North Shields, The Customs House, Centre for Life, Herrington Park and the Armouries at Leeds along with visits to Wetherspoons, Starbucks and KFC. Boy was that a hectic week! but I enjoyed every second of it.

I have been really heartened to hear news from so many of our WI’s many meeting for picnics, afternoon teas and walks in addition to plans for regular meetings from September. I do hope as many of you as possible can come along to Federation Pride Picnic in the Park on Saturday it will be nice to see you.

From September, the Federation will be having a recruitment drive to encourage women to join us so please feel free to pass the message onto other women you know. After the lockdown and missing people there has never been a better time to join the WI.



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

Date	Event
<b>This Saturday August 7<sup>th</sup> 11am</b>	 <p><b>WI Pride Party Picnic in the Park –</b> 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>

Date & Time	Event	ID/ Password Cost
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.	(We will be walking in line with government guidelines) <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 23 <sup>rd</sup> September 7pm	<b>Annual Federation Quiz</b> - 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.	£6.00per person
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>These spaces are going fast so book as soon as possible.</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 <b>These spaces are going fast so book as soon as possible.</b>
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

Bowes Belles WI August meeting will be held via Zoom on Tuesday 10th August at 7pm. Our speaker is Gloucestershire magician, Kerry Scorah, one of only twenty women in the world who hold the highest degree of membership possible at the world-famous The Magic Circle. Guests are welcome to join for a donation of £2.00. Please email [bowesbelleswi@gmail.com](mailto:bowesbelleswi@gmail.com) for joining instructions.

# Annual Federation Quiz



**Thursday 23<sup>rd</sup> September 7pm**

**The charge is only £6.00 per member. (Includes supper)**

Join us for the annual Federation Quiz at Boldon Community Centre where our favourite quiz master, Lynn Kennedy will



have questions on various subjects, aswell as bingo. Supper will be served and the bar will be available to purchase drinks from. Come as a team, a pair, individually and we will organise on the night – Don't be shy !! great way to meet new people and perhaps get back to normal. First Prize is £30.00 for the winning team with other special prizes! Please send your cheques to the office asap (make the cheques payable to Tyne and Wear South Federation of WI's). We hope to see lots of you there, we always have a good turnout for this event but let's make it special this year!!!!

## Reminders



**Craft Competition – 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 free 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, the quality of work, fit for purpose and conforms to schedule.

**Panto Tickets** – Get your money in for these tickets asap as they are selling fast

**Autumn Council** - remember to email the office if you want a place, these are limited.

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

### August 13, 2021

all-day ● Online Course : Gentle Mindful Yoga with Elaine – 3 Part (Daytime)

all-day ● Online Course : Fun with Fabrics with Claire – Decorative Techniques Using Resists

all-day ● Online Course : Simon's Talk on Walking the River Thames – Vauxhall to Westminster (Daytime)

### August 14, 2021

all-day ● Online Course : Gentle Mindful Yoga with Elaine – 3 Part (Daytime)

all-day ● Online Course : Cards for Men with Liz (Saturday)

all-day ● Online Course : Explore Transparent Fabrics & Scraps with Stacey

all-day ● Online Course : Patchwork with Pat – Helpful Hints and Tips to Get You Stitching – Talk and Demo with Q&A



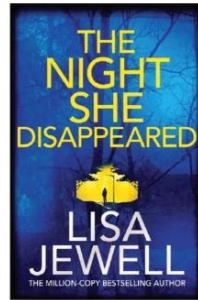


## Read and Rhyme.

### The Night She Disappeared

by Lisa Jewell (£14.99, HB, Cornerstone)

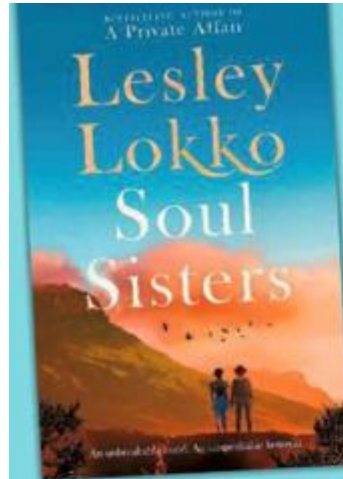
When teenage mum Tallulah heads out on a rare date night with her boyfriend, she leaves her baby at home with her mother, Kim. The next day, Tallulah does not return. Friends say they saw her heading to a pool party at a house in the woods – and let's be honest, you can't have a Lisa Jewell novel without some kind of abandoned house. Fast forward a year and we meet Sophie, who has just moved to the area. Coming across a sign in the woods saying 'Dig Here', this cold case may need to be reopened. A thrilling mystery that draws you in from the first page.



### When We Were Young

by Richard Roper (£14.99, HB, Orion)

Lessons learned the hard way are never forgotten – and, for Theo and Joel, the past is full of shared highs and solitary lows. Now 30 and at critical crossroads in their lives, they reconnect after years of bitter disputes to fulfil a boyhood pact to walk the Thames Path. Along the way, they navigate battered emotions and many secrets, while complex grudges rise to the surface. This is a heartbreaking yet uplifting story about the turmoil of learning truths and still being prepared to give your all for friendship.

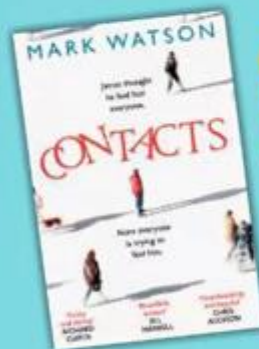


### Soul Sisters by Lesley Lokko (Macmillan)

Since childhood, Jen and Kemi have lived like sisters in the McFadden family home in Edinburgh. Solam, a successful young banker, meets the girls and sweeps them off their feet. Kemi decides to return to her birth country South Africa for the first time, and Solam and Jen go with her. In Johannesburg, it becomes clear that Solam is looking for the perfect wife to facilitate his soaring political ambitions. But who will he choose? A brilliant read.

### The Butterfly Lampshade by Aimee Bender (Windmill)

On the night her mother is taken to a psychiatric hospital, eight-year-old Francie is mesmerised by a lamp adorned with butterflies as she falls asleep. When she wakes, Francie sees a dead butterfly matching the ones on the lamp floating in a glass of water. She drinks it before anyone sees. Now, Francie is compelled to make sense of that moment a quarter of a century ago – how close are her memories to reality, and will she ever be free of them?

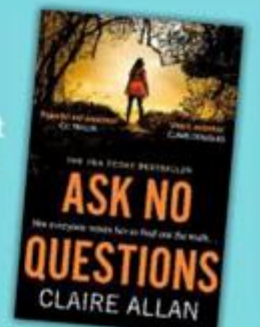


### Contacts by Mark Watson (Harper Collins)

At five to midnight in Euston station, James Chiltern sends one text to all 158 people in his contacts – a message saying goodbye. Across the world, phones belonging to James' friends, his family and people he's lost touch with ping with the notification. Can they find him before it's too late? Heartwarming.

### Ask No Questions by Claire Allan (Avon)

It was 25 years ago that eight-year-old Kelly Doherty went missing while out trick-or-treating with friends. Her body was found three days later. Journalist Ingrid Devlin is investigating, but someone doesn't want her to know the truth. And as she digs further, Ingrid starts to realise that the Doherty family are not as they seem. Chilling.





It's National Allotments Week from the 9<sup>th</sup> August. I can't grow anything to save my life but Joanne tells me that her courgettes are growing fast and furious. Here's a recipe to make good use of them – it's a great one for the freezer.



## Baked courgette & tomato gratin

### Method

#### STEP 1

Sprinkle the courgettes with a pinch of sea salt flakes and lay them on a plate with another plate on top. Put a weight or tin on top to help push out the liquid.

#### STEP 2

Heat 1 tbsp olive oil in a [non-stick frying pan](#) and add the tomatoes and garlic. Cook over a medium heat, stirring, for 5 mins until thickened. Tear in the basil, if using, and season.

#### STEP 3

Heat the oven to 200C/180C fan/gas 6 and oil a [roasting dish](#). Combine the flours in a bowl. Pour away the water from the courgette. Dip the courgette slices into the egg, then into the flour, and arrange in a layer over the bottom of the dish. Top with a few slices of mozzarella, followed by a layer of the tomato sauce, and repeat with another layer of courgette, mozzarella and sauce. Toss the cheese and breadcrumbs together, then scatter over the top.

#### STEP 4

Drizzle with a little more olive oil, and bake for 40-45 mins until golden and bubbling. Serve with a herby red onion salad and some bread to mop it up, if you like. *Can be frozen for up to two months.*

### Ingredients

2 medium courgettes, sliced lengthways about ½cm thick

1 tbsp olive oil, plus extra for the dish and for drizzling

400g can chopped tomatoes, blitzed in a food processor

1 garlic clove, finely chopped

handful of fresh basil (optional)

50g polenta or semolina flour

50g plain flour

1 large egg, beaten

1 ball of mozzarella, sliced (225g)

10g parmesan or vegetarian alternative, grated

50g breadcrumbs



And we couldn't celebrate National allotment week without a chutney recipe, this is great way to preserve fruit and veg. No doubt you all have your own winning recipes but why not give this one a try, this easy chutney recipe is great served with cold meats, cheese and delicious in sandwiches



Ingredients		
1kg ripe tomatoes, chopped	1	Put all the ingredients, apart from the vinegar, in a preserving pan or large, deep saucepan. Add half the vinegar and season.
450g onions, chopped	2	Place the pan over a medium heat. Slowly bring the mixture to a simmer, stirring constantly, until the sugar has dissolved. Simmer for 30-40 minutes, stirring occasionally, until tender.
2 garlic cloves, finely chopped	3	Stir the vinegar into the chutney. Cook for a further 30 minutes, stirring often, or until thickened. If it's still runny, simmer for another 10-15 minutes.
2 eating apples, peeled, cored and roughly chopped	4	Divide the hot chutney between sterilised jars and set aside to cool.
2 tsp mustard seeds	5	Place a disc of waxed paper directly onto the chutney and seal with airtight lids or Cellophane and elastic bands. Store in a cool, dry place, away from direct sunlight, for at least 1 month before eating. It will keep for up to 6 months. Chill after opening and use within 1-2 months.
2 cloves		
2.5cm piece fresh ginger, grated		
300g sultanas		
200g light muscovado sugar		
600ml malt vinegar		

## National WI News

### Annual General Meeting

We have had notice that the AGM will be held at the M and S Bank Arena on 11<sup>th</sup> June 2022 next year at Liverpool, this is a Saturday so gives all our ladies that work a chance to attend. Further details will be released soon.



### National WI Day Celebrations – From National

“On behalf of the NFWI Activities Committee, I'm pleased to write and announce details of the WI Birthday Celebrations taking place on the week commencing 13 September 2021. The Activities Team will be celebrating the WI's Birthday and we would like you all to join in the festivities!

The Team have organised a variety of different activities to celebrate the week including:

- Cocktail Recipes
- WI Birthday Cake Recipe
- Afternoon Tea Craft projects
- Paint along with The Quirky Bird

In addition to the above, we would like members to engage with us by sharing their recipes for Afternoon Tea treats, these will then be amalgamated and made into a virtual album that will be made available to all members. This could be a tasty cake, summer drink, quirky twist on scones, unusual but delicious sandwich ideas or even adding extras like a Picnic Egg recipe or chilli jam sausage rolls...”

**Please send recipes and an image of the finished item, along with your name, WI and federation to [e.harker@nfwi-unit.org.uk](mailto:e.harker@nfwi-unit.org.uk) by August 27<sup>th</sup> 2021.**

### 'Happy WI Birthday' card

This virtual birthday card has been created via Thankbox; for those of you who are unfamiliar with this site, it allows individuals to upload an image/gif/video plus message onto a virtual platform/card. On Thursday 16<sup>th</sup> September, we will be sending this card by email to all federations to celebrate WI Day. The link below is how you sign the card - it can either be signed by an individual, a federation or a WI and the message can be aimed at the organisation as a whole or a particular WI or federation. We would kindly ask that members do not use the platform as a personal means of thanking a particularly individual.

<https://thankbox.co/app/thankbox/HFzw37zo>

**Access to this card will be open until 5pm on Tuesday 14 September 2021.**

### Wall of Women

As the theme of WI Day will be based around friendship, we would like to give members the opportunity to celebrate friendships made through the WI. We are inviting members to submit an image of their choice and small piece of text (no more than 50 words) using the following prompts:

- What has lockdown taught you about the importance of friendship in the WI?
- Is there a particular person that you would like to acknowledge or thank?
- The joy of a hug - capturing that special moment when you could socialise with fellow members, friends and family again.
- Have you taken up a new hobby during lockdown?
- What does the WI mean to you?
- Is there a life lesson you want to share with fellow members?
- Has lockdown made you realise the importance of something particular?

These will all be captured and created into a virtual exhibition, which will be launched on social media and My WI on the 16<sup>th</sup> September to celebrate the day.

**Please send images and text to: [h.neal@nfwi-unit.org.uk](mailto:h.neal@nfwi-unit.org.uk) Deadline: 5pm on Fri 10 September**

## Resolution Process 2021-2022: Opportunities to get involved

**You can now submit your resolutions via the online form, email or post. Submissions must reach the NFWI by Friday 10 September.**

The Women's Institute is democratic and member-led, and the resolutions process is unique in putting members at the heart of decisions about our campaign activity. Every issue that we campaign on stems directly from a resolution put forward by members and adopted at the Annual Meeting. WI members have a unique opportunity to turn a concern into a national campaign every year, backed by the whole of the WI.

A resolution is a call for change on a current issue in society. Once a resolution has been adopted by the Annual Meeting, the Public Affairs Department turns it into a campaign. Through national and local campaigning, members play a key role in achieving change on important issues.

Any WI or federation can submit a resolution, as long as it has been voted on and approved.

You don't need to be an expert on the issue:

- Choose an issue that you are passionate about.
- Carry out some research on why the issue is important.
- Be specific about what you want to change.
- Call on a particular organisation to do something.

If you haven't submitted a resolution before, don't be put off. The Public Affairs department is here to support you!

**Before you start your work on your resolution, please read the [submission guidance](#). Submit your resolution online [here](#).**

## Resolution 2021

Link Delegates and Federation Representatives have cast the votes of WIs in their linking groups and we are happy to confirm that the resolution 'A call to increase awareness of the subtle signs of ovarian cancer' has passed with a majority of 99.48%.

This means the resolution is now an NFWI mandate and will form the basis of a national WI campaign which all members are invited to work on.

## What happens next?

**You can now [download our briefing](#) on the new campaign with background information and some initial ideas about how you can take action.**

**We have ordered some symptom awareness resources from Target Ovarian Cancer, who have volunteered their help in any in any way they can. You can order them [symptoms awareness resources here](#) and find further information about all the ways to raise awareness [here](#). These will also be available in the office.**



## Federation WI News



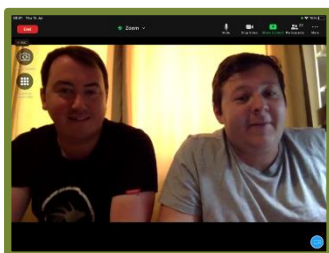
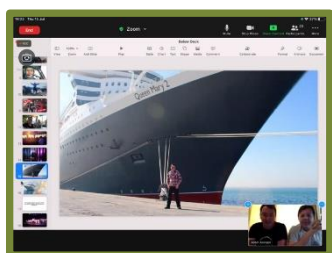
We are pleased to announce that the following WI's celebrated anniversaries this year. Your certificates from National are with us and we will present them at the Federation Quiz . Well done ladies!

Hylton WI – 100<sup>th</sup> Anniversary

Greenside WI – 75<sup>th</sup> Anniversary

Rowlands Gill – 75<sup>th</sup> Anniversary

Whickham Fellside – 50<sup>th</sup> Anniversary



Adam and Kevin thoroughly entertained the members who joined their excellent talk about working on a cruise ship. For those of you who missed I highly recommend watching it on 'catchup' on our Youtube site [Tyne and Wear Federation WI - YouTube](#), it sparked loads of conversations about previous holidays, the next talk perhaps could be by Joan Dodds who is a seasoned cruiser !!!!



Thankyou to the ladies who joined our Cleadon Hill ramble, it looked a foggy day but it was actually red hot. They had a great walk, don't forget our walk along Washington Riverside, on Wednesday 8<sup>th</sup> August at 10.30. Meet in the Biddick car park. You don't have to be a serious walker to join, we go slow and don't leave anyone behind !!!



27 ladies from Jarrow WI met in the park for cake, coffee and chatter. They held a 'swap shop' where books, jigsaws etc were shared. They had a lovely afternoon together.

**Bowes Belles WI would like to thank everyone who took part in the online charity auction in support of Gateshead Foodbank on 15th June.**

**We raised an outstanding £2075! Whether you donated something for the auction, won a bid or did both, we can't thank you enough. Ladies, you are AMAZING 😊❤️**

Whickham Fellside W.I. had a lovely meet-up with scones, toasted teacakes and a tea/coffee on the outside patio at The Gibside Hotel in Whickham on 26th July. They are looking forward to beginning their regular monthly meetings on the afternoon of the third Monday in the month in Whickham Community Centre if anyone would like to join them.



Fells Angels WI celebrated PRIDE and their first meeting together at the Cricket club on 25th July - Such a quintessential



English afternoon - a picnic and a cricket match! Ebbie Hulland their president writes, "The weather behaved too! It was lovely to be able to meet up together and see lots of familiar happy faces. We took the opportunity to unveil the Fell's Angels banner and thank the talented

members who made it! The banner was made after many meetings and suggestions to use local landmarks and squares showing different group activities also date when first established. Fabric, wool and other materials were donated and a group of enthusiastic crafters got to work and the Banner was finally completed, with space for any future groups to be added, everyone who worked on the Banner are quite rightly very proud of their achievement" Great pictures !



Cleadon WI have worked so hard over the pandemic period providing food for the Key2 Life food bank they have also supported Pathways and The Refuge in South Shields. By providing fresh foods they help meet the needs at this difficult time.



**Partners of Cleadon WI:** We have this week been to assist our friends at theKey2Life Foodbank in Boldon Lane. Here is a picture of some of the fresh produce that we have been able to deliver. This is in addition to the canned items, cereal boxes and some packet foods that our members have been able to provide. Thank you all those that have contributed, it really does make a difference.



This time around we have managed to get a good variety of fresh vegetables and fruit. Staples such as Potatoes, Carrots and Onions as well as Tomatoes, Cucumbers Peppers, Mushrooms, and loads of fruit: Melons, Oranges, Apples and Bananas. This should hopefully help a great deal, especially so with the kids being off school for the summer.

Additionally, this week we have also been able to provide the foodbank with some Cornflakes and some tinned produce too, as you can see below. Well done ladies this will help a lot.



The fantastic array of egg boxes and strong carrier bags that you have also provided will also be welcome at the food bank as they are always short of these types



of things. It makes it very difficult to distribute to the families without such items, so these will help Key2Life out a great deal.

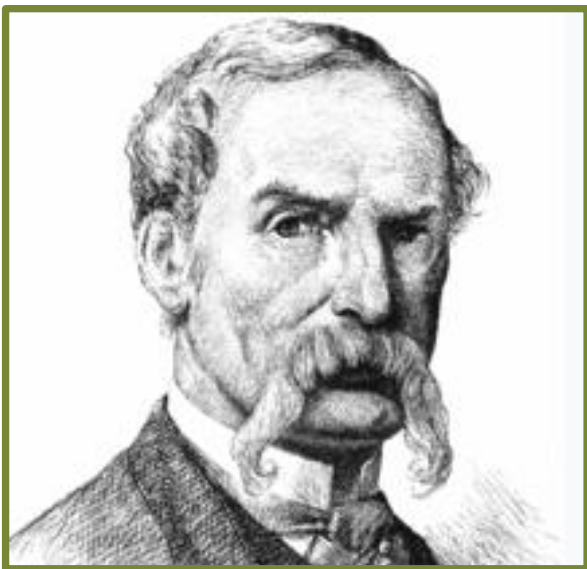
We have also been able to help our friends at Pathways and the Refuge, both in South Shields with toiletry items following our 'shout out' for support. This array includes soaps, baby wipes, shampoos, shower gel and a face mask. Whilst we are there, we will be able to ask them if there are any specific needs with which we can help, i.e. baby clothes, blankets etc.



We have a fantastic rapport with our friends and partners and it is brilliant that through your support we

can provide help in the manner that we do. It makes a huge difference to those that are in need.





On the 24<sup>th</sup> of July it was Joanne's birthday, here she is in Hawes with her Alice and Wonderland crocheted friends at the Mad Hatter's tea party – Everything on this table was crocheted: from Alice and the Mad Hatter to the party ring biscuits and sugar sachets. This magnificent piece of work was to celebrate the bi centenary of Sir John Tenniel. Sir John Tenniel was an English illustrator, graphic humorist and political cartoonist prominent in the second half of the 19th century. He was knighted for artistic achievements in 1893. Tenniel is remembered mainly as the principal political cartoonist for Punch magazine for over 50 years and for his illustrations to Lewis Carroll's *Alice's Adventures in Wonderland* (1865) and *Through the Looking-Glass, and What Alice Found There* (1871). Fantastic books !



# Get your best-ever SLEEP

*Cure your sleep problem tonight with these bedtime tips from the experts*

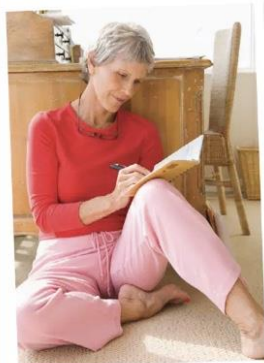


## Aim for 100% sleep efficiency

That means being asleep for 100% of your time in bed, so save your bed for just two things – sleep and intimacy. Don't use your phone there, watch TV or do anything that stimulates your brain and prevents sleep. I'd even avoid reading in bed unless it's an ingrained wind-down habit that works for you.

You want your brain to be hardwired to associate getting into bed with going to sleep. Kick pets out of the bedroom too – they're one of the worst culprits for disrupting sleep.

✦ **Dr Irshaad Ebrahim, consultant neuropsychiatrist in sleep medicine at Harley Street's London Sleep Centre**



## Journal before bed

Writing down your thoughts helps you make sense of your emotions and gain a different perspective, stopping you ruminating on problems when you're trying to sleep. Make it part of a nightly pre-sleep ritual. Choose things that relax you. Everyone's different, so go with what works for you, but soaking your feet in Epsom salts, putting on your PJs at 9pm and reading a book with a soothing

herbal tea are all good ideas. If you must watch TV just before bed, make it something not particularly stimulating.

✦ **Kate Morris-Bates, acupuncturist and wellness coach**

## Keep cool

I see countless hormonally driven sleep issues in my menopause clinics – insomnia is one of the most common and debilitating symptoms. Self-help measures such as fans and air conditioning, cooling pillows and sheets can help, especially with night sweats. So can lifestyle tricks, such as avoiding caffeine and alcohol, and making sure you get regular exercise outdoors. But if you try these and your sleep isn't improving, and it starts to impact on your quality of life I'd recommend HRT. Talk to your GP or a menopause specialist about what's best for you.

✦ **Dr Anne Henderson, consultant gynaecologist and menopause expert**

## BE CONSISTENT

The best way to do this is to first choose your getting-up time. Now, work backwards, based on how much sleep you need – which should be somewhere between seven and nine hours – and make that your bedtime. Then stick to it!

✦ **Dr Allie Hare, sleep specialist at London's Royal Brompton Hospital**



## Balance your blood sugar

This is key to consistent sleep. A blood-sugar high always results in a blood-sugar crash, triggering a stress response in the body, which stimulates the release of the hormone cortisol, making it difficult to fall asleep. Feeling hungry can disrupt sleep, too, so try a blood-balancing snack before bed, such as a handful of walnuts. Not only are walnuts a source of tryptophan (an amino acid essential for sleep), but research from the University of Texas has found that walnuts contain their own source of melatonin, aiding a restful sleep.



## Take a morning walk

Bright light is one of the most important signals to our body that it's time to be awake, with blue light found to be particularly beneficial throughout the day for helping to boost attention, reaction times and your mood. Therefore ensuring your body has the right light signals in the morning can increase wakefulness at this time,

and increase sleepiness at night. I'd recommend you start your day with a walk to expose your body to sunlight, and keep your home as bright as possible during the day. This will set you up for an alert and productive day, and help to signal to your body when it's time to sleep.

✦ **Stephanie Romiszewski, sleep physiologist**





## Cut back on coffee

It takes up to six hours to process just half of the caffeine you've drunk, meaning you could be affecting the quality of your sleep at night without even realising. It's not just coffee – tea has caffeine, too, and 27% of Brits say they've been drinking more tea since lockdown\*. To help aid relaxation before bed, I'd recommend switching



your evening cuppa for a decaffeinated option, such as Heath & Heather Organic Night Time Tea, £2.99 for 20 bags, Holland & Barrett.

✦ **Emily Rollason,**  
nutritionist

## Digital detox

Light from screens, especially blue light, suppresses the release of melatonin, which is the brain's signal to fall asleep. Therefore, exposure to light before bedtime means that it will take longer for you to fall asleep, or negatively impact the quality of your sleep. So, aim to keep phones and tablets out of your bedroom for at least 40 minutes before lights out.

✦ **Dr Neil Stanley,** sleep expert and author of *How to Sleep Well: The Science of Sleeping Smarter, Living Better and Being Productive*

## Buy some earplugs

Noise pollution can really affect the quantity and quality of our sleep – especially if you have a partner who snores! Earplugs can be a cost-effective and easy way to reduce harmful or irritating noise for a better night's sleep. Door sweeps, draft excluders and sound-deadening curtains, made from thick velvet or suede, can help dampen outside noise. And you can help muffle sound throughout your home generally by choosing upholstered furnishings, and rugs and carpets instead of tiles and wooden flooring.

✦ **Sammy Margo,**  
physiotherapist and author of *The Good Sleep Guide*



## Change the bed

The key to a good night's sleep in summer is not overheating. Think about the materials your bedding and duvet are made from. We often perceive that cotton bed linen with a high thread count is luxurious and cool, but actually the higher the thread count, the less airflow cotton bedding gives, meaning something like Egyptian cotton is not the best material for summer. Try something like bamboo, or a heat-regulating synthetic fibre like SteadyBody, to help your body breathe. And try a separate duvet or sheets from your partner. Sharing a duvet means sharing their body heat!

✦ **James Wilson,**  
**AKA The Sleep Geek,** sleep behaviour and environment expert



This summer has been a great one so far for the British Seaside, here's some interesting information and a couple of recipes based on seaside favourites of ice cream and fish n chips!

### The biggest!

The UK has a staggering 7,723 miles of coastline but the longest individually defined beach is Dorset's Chesil Beach, made famous by author Ian McEwan, boasting 18 miles of shingle stretching from West Bay to the Isle of Portland.



### Legend has it

At Bedruthan Beach, Cornwall, legend has it that the rock formations were caused by Cornish giants who used the rocks as stepping stones to cross the bay. Meanwhile, the beaches of Tresco in the Scilly Isles are said to be the haunts of mermaids, particularly around the cave at Piper's Hole, a freshwater pool.



## BESIDE THE SEASIDE

With more people than ever expected to take a staycation beside the seaside this summer we share some fun facts about British beaches

### Sands that sing

Camas an Lighe is a beach on the west coast of Scotland famous for the singing sound heard when you shuffle your feet on it – a phenomenon caused by the unique nature of the sand. Equally tuneful is Porthor beach in the Welsh county of Gwynedd, pictured below, which is also known as 'whistling sands' for the way it whistles or squeaks when you stomp or slide your feet over it in warm weather. How clever!

### Did you know?

Here in the UK none of us live more than 80 miles from the seashore



### The first resort

The first traditional British seaside resort as we know it was Scarborough, which became popular in the 17th Century after local lady Elizabeth Farrow discovered a stream of health-promoting acidic water among the cliffs. Soon aristocratic visitors were flocking to 'Scarborough Spa' – even today it is the third most visited place in the UK.

### Dune delights

Sand dunes can be anything from just a few years to 9,000 years old. They begin life as grains of wave-worn sand and seashell fragments which are blown along the beach until they become trapped among grassy plants. The hollows of sand dunes are often home to many unusual species including burrowing sand wasps, grayling butterflies and native orchids.







## Fish and chips pie

**SERVES 6** **HANDS-ON TIME** 40 MINS **TOTAL TIME** 1 HR 30 MINS, PLUS CHILLING

- ◆ 50g butter
- ◆ 1 onion, finely sliced
- ◆ 50g plain flour
- ◆ 200ml whole milk
- ◆ 150g crème fraîche
- ◆ handful chives, roughly chopped
- ◆ 1 tbsp capers
- ◆ 1 x 300g pack fish pie mix
- ◆ 2 pickled eggs, quartered
- ◆ 350g chunky oven chips (we used Strong Roots proper chips)
- ◆ ½ tbsp vegetable oil
- ◆ mushy peas, to serve

### For the pastry

- ◆ 250g plain flour, plus extra to dust
- ◆ 125g cold salted butter, diced
- ◆ 1 medium egg yolk

- 1 To make the pastry, put the flour in a food processor, add the butter and blitz to a fine crumb. Add the egg yolk plus 2 tablespoons chilled water and blitz until the pastry just starts to come together. Shape into a ball, wrap and chill for around an hour.
- 2 Preheat the oven to 200°C, fan 180°C, gas 6. Roll out the pastry on a floured work surface and use it to line a deep 20cm diameter metal pie dish or a loose-based tart tin. Trim off the excess pastry (you can use these to make a decorative plaited border if you like) and chill in the freezer for 15 minutes.
- 3 Line the pastry case with crumpled baking paper and baking beans and bake on a tray for 20 minutes, until golden and set. Remove the baking beans and paper and return the case to the oven for 5 minutes to dry out.
- 4 For the filling, melt the butter in a large saucepan over a low heat and gently fry the onion for 6-8 minutes or until soft but not coloured. Add the flour and cook out for 1-2 minutes, stirring. Slowly add the milk, whisking continuously to avoid any lumps forming. Bring to a simmer and cook gently for 2-3 minutes, before adding the crème fraîche. Continue to cook for a further 2 minutes, then remove from the heat. Add the chives and capers and season well.
- 5 Turn the oven up to 220°C, fan 200°C, gas 7. Toss the chips with the oil and a pinch of salt and transfer to a baking sheet. Bake for 15 minutes initially. Meanwhile, add the fish pie mix to the sauce and transfer to the pastry case, nestling in the egg quarters but ensuring they are covered by sauce.
- 6 Remove the partially cooked chips from the oven and arrange on top of the pie. Reduce the oven to 200°C, fan 180°C, gas 6 again and bake the pie for 20 minutes, or until the chips are golden brown and the filling is cooked and bubbling up at the edges. Leave to rest for a couple of minutes then serve with mushy peas.

■ 757cals; 45g fat (25g sat fat); 24g protein; 5g fibre; 62g carbs; 5g total sugars; 1.2g salt

### » GET AHEAD

Prep to the end of step 4 up to 1 day ahead; keep the sauce covered and chilled.

## The 99 cake

**SERVES 18** **V** **HANDS-ON TIME** 40 MINS **TOTAL TIME** 1 HR 20 MINS, PLUS COOLING AND FREEZING

- ◆ 2 litres vanilla ice cream (such as Cornish dairy ice cream)
- ◆ 2 waffle ice cream cones
- ◆ 16 x 32g Flake bars
- ◆ 100g plain flour
- ◆ 3 tbsp cocoa powder
- ◆ 150g caster sugar
- ◆ 1 tsp baking powder
- ◆ ½ tsp bicarbonate of soda
- ◆ 2 medium eggs
- ◆ 75g buttermilk
- ◆ 1½ tbsp vegetable oil
- ◆ ½ tsp vanilla bean paste or extract

### For the cake

- ◆ 100g plain flour
- ◆ 3 tbsp cocoa powder
- ◆ 150g caster sugar
- ◆ 1 tsp baking powder
- ◆ ½ tsp bicarbonate of soda
- ◆ 2 medium eggs
- ◆ 75g buttermilk
- ◆ 1½ tbsp vegetable oil
- ◆ ½ tsp vanilla bean paste or extract

### » GET AHEAD

Keeps in the freezer for up to 1 month.

- 1 Preheat the oven to 180°C, fan 160°C, gas 4. Grease and line an 18cm square cake tin. Put the flour, cocoa powder, sugar, baking powder and bicarb in a bowl and mix together. In a separate jug, whisk together the eggs, buttermilk, oil and vanilla. Add to the dry ingredients and combine until you have a smooth batter, then slowly add 100ml water, whisking continuously as you pour it in. Transfer the batter to the cake tin, level the top and bake for 30 minutes, or until a skewer comes out clean. Leave to cool in the tin for 10 minutes, then transfer to a wire rack to cool completely.
- 2 Remove the ice cream from the freezer for around 20 minutes to soften. Re-line the clean cake tin, leaving excess paper hanging over the edges to later use as handles. Horizontally slice the cake into two layers and put one in the bottom of the cake tin.
- 3 Crumble the waffle cones and 2 Flake bars into a bowl. Halve all the remaining Flake bars to give two short pieces. Cover the cake with just under half of the ice cream; level it out. Scatter on the chocolate-waffle cone mixture then smooth over more ice cream, leaving a few spoonfuls for the top layer. Smooth again, then top with



the second cake layer. Spread the remaining ice cream over the top, then cover with the halved Flakes, in whatever pattern you like. Cover the tin and return to the freezer for 6 hours to freeze solid.

- 4 Remove from the freezer 30 minutes before you're ready to eat, for easy slicing.
- 330cals; 19g fat (11g sat fat); 7g protein; 1g fibre; 31g carbs; 35g total sugars; 0.2g salt ■





Here's a nice little craft project to keep you busy or entertain the children or grandchildren during the holidays. The beauty is that you're likely to have all the materials around the house.

# Blooming jars!

These decorative pressed flower jars are so easy to create and make a lovely floral table centrepiece

## MATERIALS

- ☐ Blotting paper or kitchen roll
- ☐ Flowers to press: primroses, daisies, pansies, cow parsley, (small headed flat-type flowers work best as they will press well compared to a fuller-headed flower like a rose)
- ☐ Clean glass jars
- ☐ PVA glue
- ☐ Paintbrush

■ Idea taken from Hobbycraft – for more ideas visit [hobbycraft.co.uk](http://hobbycraft.co.uk)



**1** Get your flowers ready to press, remember flat-headed flowers work best for pressing and will achieve the best results.



**2** Place the heads and stems onto blotting paper, ensuring they have enough room to flatten around them. Place blotting paper on top and under a stack of books for about 5 weeks.



**3** Taking your jars, dot PVA glue where you plan on placing your flower. You can cover the jars completely, or just create a pattern alternating the heights of the flowers across the jar



**4** Cover until you are happy and then lightly spread PVA glue across the flowers. This will make the jars water resistant but not waterproof, so be careful if you wash the jars.



## To get you in the mood for the Federation quiz (answers at the end of the bulletin)

### Name these spices

1. How many teeth does an adult human have?
2. What is the largest bird of prey in the world?
3. In which sport would you use a shuttlecock?
4. Who is fifth in line to the British throne?
5. What is the biggest state in America?
6. Who wrote Snow White And The Seven Dwarves?
7. What is the capital of Hawaii?
8. Enchiladas originated in which country?
9. In Dirty Dancing, what is Baby's first name?
10. How many eggs does the average chicken lay per year?
11. In which English seaside town was 'Fawlty Towers' set?
12. What is a group of lions called?
13. Where would you find the River Thames?
14. What animal alive today is even bigger than a dinosaur?
15. What alcohol do you traditionally use to flame a Christmas pudding?



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

<b>BOOK</b>	<b>HANDBAG</b>
<b>BRACELET</b>	<b>HOLIDAY</b>
<b>CHAMPAGNE</b>	<b>JEWELLERY</b>
<b>CITY BREAK</b>	<b>LAPTOP</b>
<b>CLOCK</b>	<b>NECKLACE</b>
<b>COFFEE</b>	<b>NEW CAR</b>
<b>MACHINE</b>	<b>PONY</b>
<b>DIGITAL</b>	<b>PRINTER</b>
<b>CAMERA</b>	<b>SHOES</b>
<b>EARRINGS</b>	<b>TELEVISION</b>
<b>GAMES</b>	<b>WATCH</b>
<b>CONSOLE</b>	





Remember to encourage women to join us, the new Boldon WI will be meeting on Tuesday 21<sup>st</sup> 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:  
twsfwi@btconnect  
0191 4165269**

**Open to all women over age 18**



We were saddened to hear this week of the death of Richard Jennings, after a period of illness Richard passed away this weekend. For a number of years he led the Inspire Choir made up of many WI members. Rest In Peace Richard.

Thanks for reading ladies, enjoy the sun. Our next Bulletin will be number 44, on 17<sup>th</sup> August 2021

## 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](mailto:macarter1@hotmail.co.uk) [twtwsfwi@btconnect.com](mailto:twtwsfwi@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:** 0808 2000 247

- |                       |               |
|-----------------------|---------------|
| 1. 32                 | 1. Cardamon   |
| 2. Andean Condor      | 2. Star Anise |
| 3. Badminton          | 3. Nutmeg     |
| 4. Prince Louis       | 4. Mace       |
| 5. Alaska             | 5. Clove      |
| 6. The Brothers Grimm | 6. Peppercorn |
| 7. Honolulu           | 7. Fennel     |
| 8. Mexico             | 8. Cumin      |
| 9. Frances            |               |
| 10. 260               |               |
| 11. Torquay           |               |
| 12. A pride           |               |
| 13. London            |               |
| 14. Blue Whale        |               |
| 15. Brandy (or rum)   |               |