



News Bulletin 13

17th June 2020

Hello Everyone,

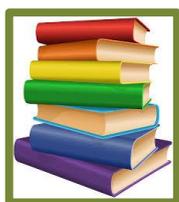
I hope you are all safe and well and handling your continued lockdown situation as well as you can. In some ways we have entered a more uncertain time, more shops opening, bubbles, some children back to school, unessential shops opening etc. etc. I have been lucky in that this weekend we formed a 'Boris Bubble' with my stepdaughter, a single parent and some of our grandchildren. We had a wonderful afternoon with lots of cuddles. I had been worried that things may have changed – little boys grow out of cuddles sometimes. During the afternoon, when I was sitting reading with the two littlest, the youngest, Marcus, 6, said "Nana it's like coronavirus never happened". Since then I've been thinking about this and I agree with him, because although we are living in a world that seems to have changed so much – queues to go to supermarkets, wearing facemasks, not being able to book holidays and all the other things we took for granted, the fundamental things like the love we have for our family and our friends are still there and maybe we now appreciate these things so much more.



June is Gay Pride month the start of the Pride Season.

You may have noticed that our NFWI logo is temporarily changed to reflect the gay pride rainbow flag. June is usually the beginning of a season of gay pride marches and festivals across the country. I know that a number of WI's would have taken part this year in the Newcastle Pride event. Even though all the planned events will now not take place, June does give us the opportunity to develop our understanding and celebrate the diversity within our communities. If we set this against what we are seeing everyday in the media about 'Black Lives Matter' where the central issue has been swamped by activists, arguments about statues and the counter argument of 'all lives matter' we for the most part do not experience day to day life as part of these communities.

Over the coming weeks, NFWI will be sharing the stories of inspiring women from the LGBTQ+ community along with virtual events you can join into celebrate. If your WI is holding a virtual Pride event, we'd love to hear about it. Get in touch with the office or send your stories to pr@nfwf.org.uk. If you would like to change your WI's profile picture on Facebook to this special Pride logo, simply save it from the Facebook page or My WI website. The way we can experience and understand is through reading and with that in mind I have suggested four books this week.



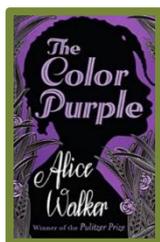
Read and Rhyme

Oranges are not the only fruit - Jeanette Winterson

Jeanette is an adopted child growing up in a very strict home, destined to be a missionary at 16. She leaves to explore her own life and choices. This book was televised on Channel 4 a few years ago.



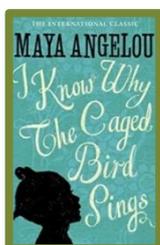
The Color Purple – Alice Walker



A Pulitzer prize winner, this book was also made into an award-winning film. Set in the American South about a young girl who suffered from abuse and segregation until she can escape to another life which allows her to be the person she can be.

Queenie – Candice Carty – Williams

A contemporary story about a young black girl living in London. Described as funny, topical and heart-breaking it looks to be a major prize winner in this year's book award. Its free on kindle at the moment too!



I Know Why the Caged Bird Sings – Maya Angelou

The first volume of Maya Angelou's memoirs set in 1930's America, a little girl grows up learning about the power of the white folks at the other end of town. Beautifully written and a classic.

Whilst reading these books won't solve the problems in today's world, they might help our understanding. "Do the best you can until you know better, then when you know better, do better".

Maya Angelou



Thank you to Maureen James, Washington Concord WI, who has sent in this short poem. It's meaning is 'Love Yourself' which we all should do a bit more of.

Three good friends went for a swim, the one who was fat wished she was thin.

The one who was curvy wished she was clever, the one who was clever wished she swam better.

The really great swimmer wished she was witty, the one who was witty wished she was pretty.

All three friends thought the other two were just fine, if only they could let their own bright light shine.

So, throw on your swimsuit if you're fat or you're thin, enjoy fun and friendship love the skin that you're in.



Community Champions

Within our Federation we have many local heroes who have been supporting their local community in various ways. In Gateshead, there is a lady called Julie Oxley, who owns a sewing shop in the town and she organised a 'sewing army' to produce masks, scrubs and bags to support anyone who needs them. About 12 members from Fells Angels WI have been sewing with this 'army'. They have made hundreds of items which have been given out in the local community.

Audrey Taylor and Evelyn Clark from Washington Concord WI have been keeping themselves busy making masks for all the members of their WI. It came to light that a few of the ladies were anxious about going out when lockdown restrictions were lifted and it would be appreciated if they had a mask. Without further ado the ladies set to work and made 45 masks which were duly delivered to all members and were gratefully received! Once again, WI ladies came to the rescue.



Audrey is also part of a small group, 'Scrubs Across the Tyne' and they have been making full sets of scrubs for Treetops Children's unit at Durham Hospital. 15 sets were made with a donation from Concord WI. In addition to these, they have supplied scrubs for Washington GPs and some for Gateshead surgeries. 140 sets in all and about 500 bags. Maureen James would also like to pass on the thanks of the rheumatoid department of the QE hospital for their generous donation.

Audrey said "It has kept us busy and we were proud to play a small part in helping the NHS"

Annie Bain of Washington Station WI is a volunteer at Springwell Community Venue and during the lockdown they have worked with 'Fare Share' a food charity, to deliver food to residents in the Springwell Village area. The residents they visit have been very grateful for the supplies but the social contact has been very important too!



**Well done to all our ladies
'A simple act of kindness
can make a tremendous
impact on a person's life'
(Anon.)**



I've had a lovely telephone conversation with Ann Scott, President of Herrington WI, the Church where they meet is hoping to get back into use soon. Herrington is being reimbursed some of their rent they had paid in advance. They are also printing out the news bulletin every week to make sure that members without internet access can keep up with the news.

I've heard that Rowlands Gill WI are setting up a walking group so that members can meet outside in socially distancing groups of six.

A number of members are taking up the online learning opportunities that are coming their way. Gillian Cain and Tania Le Marinel both took part in a Watercolour workshop via WI Wanderers.



Bowes Belles held another members meeting via Zoom with Tony Harris who adopted the persona of Sherlock Holmes and investigated the Jack the Ripper murders. By all accounts it was a grand evening and the details weren't so gory that members couldn't drink their wine!

Julie Rankcom from Bowes Belles whom many of you know, has been making fused glass ornaments to sell and donating to an NHS Charity. So far, she had raised £281.50 plus gift aid. Well done Julie and we are looking forward to re-instating our fused glass workshop as soon as it is possible.



So far, we have had three entries for the Lady Denman Cup Competition. The entry date has been extended to September so if you fancy trying your hand at writing about 'What I heard on the Bus' you still have plenty of time.



Social Media Shares.

Have you developed your digital skills at all during lockdown? At the beginning many of us had no experience of facetime or zoom and we have developed using these things into a regular occurrence. What have you learned? – perhaps your kids/grandkids have taught you to use skype, facebook, facetime, or anything else. Please let us know what you have been doing so we can share your experiences with other members. If you haven't asked, why not get a family member to help you to use the social media platform that lots of people are using to keep in contact with each other.

Denman At Home

Denman College is continuing to offer learning at home opportunities, this week there are two cookery features – Mexican Feasts and Profiteroles, there is a talk about commemorating WWI and a 6-week course on Mindfulness with yoga begins. You can get all the details from either Denman website or their facebook page



News from the Federation Board.

Last week the Board met again via zoom and even though most of us are staying home and staying alert there was a lot to discuss. A letter is being sent to all those members who were planning to come to London with us this month explaining what is happening in the future. The Federation has taken out a year's subscription to zoom and we feel that even when this health crisis is over using zoom will continue to be useful especially when the weather is not conducive to travelling to meetings. We discussed how we could use zoom across the Federation and below there are details of the events planned.

You're invited!

Planned Zoom meetings - We have 3 Zoom meetings for you in next 2 weeks

Monday 22nd June 11am – Presidents, Secretaries and Treasurers Virtual Questions and Answers Session - For Presidents, Secretaries and Treasurers – this will be a session where you can ask any questions or raise any WI issues that are bothering you at the moment.

Meeting number 851 26519534 - Password 490080

Tuesday 23rd June 2pm – Coffee with the Chairman - This is for anyone who wants to join in, get a cuppa and zoom into chat and see other members. I'll happily answer any WI related questions and we can share our experiences of lockdown.

Meeting number 822 8038 1734 - Password 120646

And last but certainly not least

Tuesday 30th June 7pm 'Sex, Secrets, Scandal and Salacious Gossip of the Royal Court, 1660 to 1830' by Sarah Slater

We have booked a speaker to come and entertain us on Tuesday 30th June at 7pm. Sarah Slater. She will talk about 'Sex, Secrets, Scandal and Salacious Gossip of the Royal Court, 1660 to 1830' She will tell us about all the naughty bits of history you would probably not have learnt about at school! Discussing sexual diseases of the time and the methods used to prevent them. Warning, this talk is not for the prude, it is fun but rude!

Meeting ID 89045450594 - Password 537215

We will post this on facebook and again next week, it would be lovely to see as many of you as possible tuning in. All zoom events are limited to 100 participants so this will be a first come first served basis.

Where WI's are having zoom committee meeting in the near future, I would be grateful if you would send me an invitation as I'd love to see you all face to face. If I can attend I will.



The **Public Liability Insurance** for the year has come into the Federation and as soon as we can access the office copies will be sent out to all WI's.



Post Bag

From our post bag. Often after a newsletter we might get a phone call or email about how members appreciate getting this newsletter however last week we got the following email.

“I do hope this mail finds you well, I would have hoped with the WI being champions of diversity and inclusion the bulletin may have mentioned the June is actually pride month. Rather than promoting an American Candy month.

regards

Trish Bradford”

My reply was as follows:

Dear Trish,

In reply to your email yesterday about the contents of this week's bulletin, I am sorry if you feel that it falls short of the mark. The piece about Pride month is written for next week as we received the copy of the pride related rejig of our national logo after this week's News bulletin had been prepared.

Please feel free to submit items for the news bulletin as everyone who contributes (apart from Joanne our secretary) is a volunteer, your contributions would be welcomed. Incidentally can you let us know which WI you are from as we couldn't find you on MCS where members records are found?

Stay safe and well - Margaret Carter - Chairman

I apologise to anyone who felt that they were slighted by this last week, that was never the intention. Other feedback we received include: -

‘Many thanks for sending the bulletin. A cracking read, as ever. Take care and stay safe’ - Sue Fox, County Chairman Durham County Federation

‘Thanks again for another excellent Newsletter - I'm afraid I feel exhausted already reading about all the things we can get to grips with!’ – Heather Bliss – Rowlands Gill WI

‘Just a little note to say how much I enjoy the weekly bulletin's and appreciate how much work goes into producing such an interesting, amusing and informative news sheet.’ – Lynda Alexander – Washington Station WI



Speaking to members of our Board of Trustees, some nurses and the Chair of Durham Federation we are all worried about members who may be afraid of going out now even though the virus is not as prevalent as it was. Once the shielding period is over some people may have lost their confidence and we need to encourage anyone in that situation to ease themselves out back into society. You can meet upto 6 people outdoors as long as you keep two metres between yourselves. No coffee shops are open but why not take a flask and meet up in the park?

As I write, the TV news is showing the shoppers queuing to enter some of the shops that have re-opened. Please don't forget about local businesses who have supported us through the crisis – the places we could go for milk, bread and a smiling face. These little shops have been the backbone of our communities and deserve to have our support continued. I'm not sure that I shall be able to wear my shoes after 3 weeks in slippers!!!!



*Nancy Watson -
Rowlands Gill
WI*

Sad News - I was greatly saddened to hear this week of the death of Janice Connolly, former President of Dilly Dollies and Nancy Watson, who had been a member of Rowlands Gill for over 50 years. Janice fought a long battle with cancer and I last saw her when she came with us to the Wensleydale Creameries last October. She was a lovely, cheerful and gentle person and will be much missed by her friend at Dilly Dollies. Nancy passed away aged 91, after a short illness. She was last seen by her friends at Rowlands



*Janice Connolly
- Dilly Dollies
WI*

Gill 90th birthday party in March which we know she enjoyed and she recently was highlighted in Rowlands Gill's newsletter with a beautiful magnolia in her garden. Once again, she will be missed greatly by her long-standing friends at the Rowlands Gill. Our thoughts and prayers are with both families.



This week's recipe is for a **simple ice-cream recipe** which could be used when you are tuning in to our virtual festival or just sitting in the garden if we ever see the sun again.

Ingredients

- 1 tin/375g of carnation condensed milk (no need to use the sweetened version)
- 2pots/ 568mls of Double cream

Method

1. Whisk together the 2 ingredients until it forms soft peaks.
2. Spoon carefully into a container suitable for freezing eg. Yoghurt pots
3. Freeze for 24 hours, then simply eat !!!!!!!

Experiment with flavours – Use the juice from stewed fruit 'dragged' through the cream when it is still soft.



National Federation of Trustees Officers and Committee Chairmen 2020-2021

Following the special board meeting which took place on Friday 5th June 2020 the NFWI officers and Committee Chairmen for 2020 – 2021 are as follows: -

Officers



NFWI Chair –
Lynne Stubbings



Hon. Treasurer -
Julia Roberts



Vice Chair -
Ann Jones



Vice Chair –
Jeryl Stone

Please note that the officers, unless elected as Chair of the individual committee shall be ex-officio on all committees.

Sub Committees

<p><u>Activities</u></p> <p>Chair – Sally Kingman</p> <p>Maureen Hancox, Chrissie Booth and Mark Clarke</p>	<p><u>Denman</u></p> <p>Chair – Jeryl Stone</p> <p>Yvonne Price, Toto James, Mair Stephens, Catriona Adams (chair of WIE ltd ex officio)</p>
<p><u>Finance</u></p> <p>Chair – Julia Roberts</p> <p>Chrissie Booth, Helen Carter, Catriona Adams (chair of WIE Ltd ex officio), Jeryl Stone (Chair of Denman Ex-officio)</p>	<p><u>Membership</u></p> <p>Chair - Hilary Haworth</p> <p>Yvonne Price (Chair of training and development ex-officio), Toto James. Nicky Amos, Sally Kingman</p>
<p><u>Public Affairs</u></p> <p>Chair – Ann Jones</p> <p>Mark Clarke, Nicky Amos, Catriona Adam, Maureen Hancox</p>	<p><u>Training and Development</u></p> <p>Chair – Yvonne Price</p> <p>Hilary Haworth (chair of membership ex-officio), Sally Kingman, Mark Clarke and Helen Carter</p>



Updates on Resolutions

Christine has once again prepared the information below on Stem cell donor registration, the second one of our resolutions we will be campaigning for this coming year. Many thanks to Christine for preparing these notes, they have been easy to read but at the same time very detailed.

A call to increase potential stem cell donor registration

This is the second new resolution for the 2020/21 year.

What is the WI aim for this resolution?

The WI to promote registration to the aligned UK stem cell registry to enable more people to receive potentially lifesaving stem cell transplants.



What is the problem?

- Every 20 minutes someone in the UK is diagnosed with some form of blood cancer
- Replacing damaged blood cells with healthy ones helps treat conditions such as leukaemia, lymphoma and sickle cell anaemia
- Stem cells from a family member are ideally the best match. However, 65-75% of people who require this treatment are unable to find a sibling match

The current situation

Some patients struggle to find a match. A survey by charity Anthony Nolan (2018) found 61% of people would not donate due to a range of misconceptions about the donation process.

The Anthony Nolan and NHS Stem Cell Registry is where most people find a suitable donor. Currently only 2% of people are registered as stem cell donors. Many people die because they are unable to find a donor.

How to become a donor.

Anyone wishing to become a donor can register through any stem cell organisation or charity.

Anthony Nolan focus on people aged 16-30.

NHS Blood and Transplant recruit from their pool of blood donors and focus on two groups:

- men aged 17-40
- Black, Asian and minority ethnic or mixed race of either gender aged 17-40

How can your WI group progress this resolution?

- Link with a stem cell charity or NHS organisation to raise awareness
- Once informed use that knowledge to dispel misconceptions to improve awareness.
- Encourage registration of potential donors



What have you been upto?



Liz Matthews, of Washington Station WI, has shared with us some great pictures of her plants in her garden and herself looking very beautiful modelling a Sari from her trip to India last year. The note opposite was hanging with a knitted star in Dame Margaret's Field. The Rhododendron is outside her house with a very large bumble bee desperate to get the pollen, the other plant is a Geranium in her garden.



Margaret Fullerton of Jarrow WI and a Board member has been keeping busy knitting these gorgeous woollens for next Winter or this Summer!!! Well Done Margaret.

The ladies of Jarrow WI have been very busy putting their hands to everything including cookery, knitting, gardening and even wood working – some beautiful pictures are below of their great makes.



It appears that page 7 of last week's bulletin caused a stir when we said Rona of Washington Concord WI had been captured by her fantastic triffids she is growing. The latest update from Rona, who is safe said "Monty did the negotiation that led to my release, no money was exchanged and all is now well." We have suggested to Rona that she should approach the greenhouse with care and that she eats the little terrors before they cause anymore mischief!! 😊😊



Remember

If you are still looking for new things to do take a look at My WI website there are lots of craft activities including a whole section of festival themed party decorations.

Also Craft Beautiful are looking for craft, cookery or floral art related stories for the WI column in Crafts Beautiful magazine. Why not share some of your craft projects you have worked on with them? Please email photos and information to pr@nfwl.org.uk – who knows your project might feature in the magazine, we have sent a few of the projects in you have sent to the office.

Maternal Stress



During these uncertain times of COVID 19 – it is more important than ever for us all to take care of ourselves and each other. This is understandably a difficult and stressful period for many, and potentially even more so for women who are pregnant or recently had a baby.

As a member of the Maternal Mental Health Alliance (MMHA) the WI is part of a coalition of 96 UK organisation, working together to improve access to specialist maternal health services across four nations of the UK.

The MMHA’s Everyone’s Business Campaign calls for all women throughout the UK who experience a perinatal illness to receive the care they and their families need, wherever and whenever they need it, read more about their recently launched resources in our latest guest blog, written by Sian Drinkwater from MMHA.



NHS Birthday

This year, 5th July 2020, the NHS birthday, we’ll be saying thank you to everyone who has helped us during this crisis. We’re joining together as we all say #Thankyou Together. Make sure your thankyou is heard. www.together.org.uk



And finally, a reminder about the **Summertime tWist**

Starting at 11am on Saturday 27th June 2020, we want to bring together members, friends and family for a virtual festival! The aim is to inspire and encourage you to have a mini festival at home, whether it’s in your garden with a tent to sleep/party in, or in your own homes, it doesn't matter where just as long as there is music, food and lots of fun! You can adapt the festival as you wish; National is helping by providing an abundance of projects and activities that will cover the many interests and skill levels of us all -



craft, recipes - food and drink, exercise, activities and music. Work has already begun behind the scenes, advertisement, projects and recipes will begin being uploaded to My WI over the coming weeks, so National has requested to keep an eye out. In the meantime

Request 1...

Is there a particular song that makes you feel happy? One that reminds you of a memorable or funny time, makes you smile or simply gets your foot tapping? National are building a play list that members will be able to access via You Tube on Saturday 27th and would love to fill it with songs that fill you with smiles! So, please send in your songs.

Request 2...

Let's see some dance moves! Click on the link below and send in your clips of you getting down and having a boogie to the music - you can be as creative as you want; dance with your husband or partner, cat, dog, children, air-guitar or use a bottle as a microphone! National will compile a video mix of all your moves, which will be shown on social media and My WI to celebrate the day.

www.youtube.com/watch?v=2RicaUqd9Hg

The Deadline for both requests is Monday 22 June 2020

I hope you have enjoyed reading our 13th news bulletin – it's the longest one yet and packed with lots of useful information. I hope to see as many for you as possible on our scheduled zoom events.

Please take good care of yourselves.

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

Office number and email 0191 5845814 twsfwi@btconnect.com

Margaret Carter 0191 4165269 macarter1@hotmail.co.uk

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

Survivors say domestic abuse is escalating under lockdown