



Hello Everyone

I hope you are all still safe and well, here we are in July and the year is half gone.

Are you getting excited for July 4th when some of the lockdown restrictions are being lifted? I must admit I don't expect to make much of a change to my activities. It has been a bonus in the last couple of weeks being able to see some of our grandsons but other than that it's life as usual.

Sadly, many in our society seem to think that July 4th is the end of lockdown and everything will be back to normal. This is not the case. I'm sure you have all seen pictures of crowded beaches, demonstrations and football fans gathering. The risk is still there, corona virus has not gone away. I follow the news in the USA and they have found that in a number of states – Texas, Florida and Arkansas are having to re-introduce elements of lockdown as their Covid 19 cases are rising rapidly, and also Leicester this week.

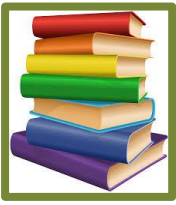


The NFWI guidance to WI's is to follow government guidelines. This means the actual guidelines not bits that we have gleaned from news reports. You can get together outside at the moment in groups of upto 6 people providing you keep your social distance. Groups of groups could be considered a gathering and that is against the law. Some WI committees have organised gatherings of upto 6 people at a time and that's fine, providing that social distance is maintained. Please make sure you are following guidelines – imagine the headlines “WI busted for holding illegal gatherings!”

Further details can be found <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing-after-4-july>

Extract from government guidelines

- gather indoors in groups of more than two households (your support bubble counts as one household) - this includes when dining out or going to the pub
- gather outdoors in a group of more than six people from different households; gatherings larger than 6 should only take place if everyone is from just two households

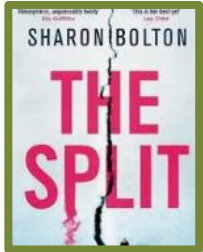


Read and Rhyme

Three great books this week

The Last Wife by Karen Hamilton

Marie has always envied her best friends' perfect life with her husband and children. Following Nina's death, Marie might just have her chance but Nina was keeping devastating secrets. It's a great psychological thriller and really makes you want to carry on reading.



The Split by Sharon Bolton

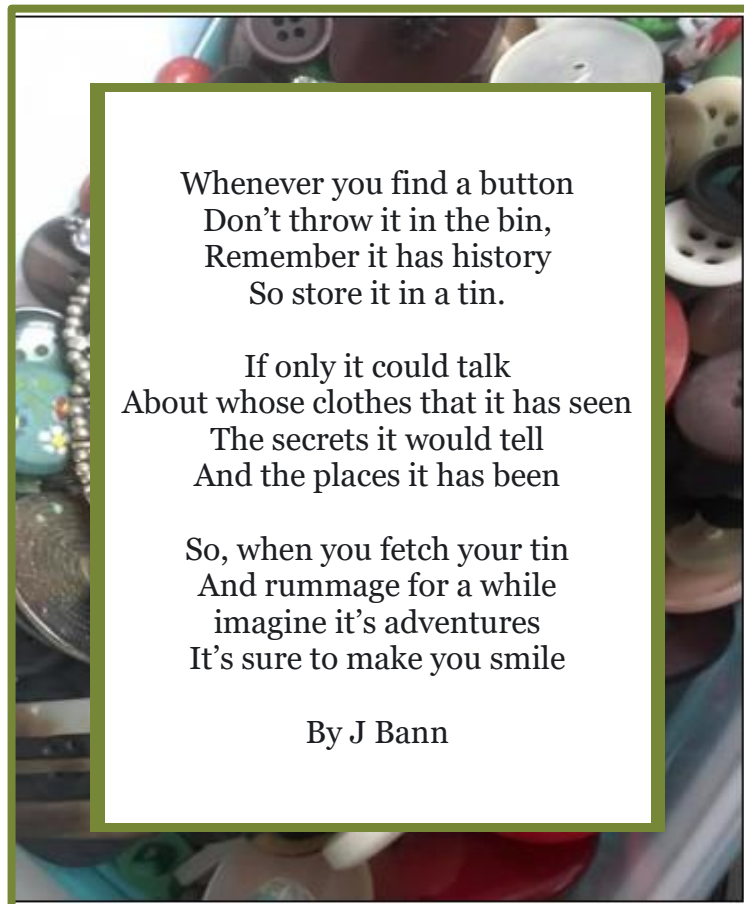
Felicity Lloyd signs up for a research trip to remote South Georgia to try and evade a man whose only thoughts are of finding her. But now Freddie is well and truly on her trail. This tense and character driven read grows ever darker and it builds to an explosive twist.

The Half Sister by Sandie Jones.

Kate's family shares Sunday lunch each week, but then the arrival of Jess, who claims to their half-sister threatens to bring their perfect family crumbling down and the cracks begin to show. It's a very intense and powerful book. Sandie Jones pushes this perfect family to the limit with devastating consequences.



Maureen Johnstone of Washington Station WI sent us this lovely little poem perhaps this is why I have so many odd buttons but can never find the one you want to sew on something.



Things to get involved in this month



July is Talk to Us Month – Dedicated by the Samaritans

Samaritans are challenging the UK to become better listeners by sharing expert tips on how to be a better listener. Throughout July, Samaritans branches had planned to hold events throughout the UK and Ireland to raise awareness of the services they offer in their local communities. Obviously plans have changed but the need for better listening is still there. Visit your local branch website to see what they're doing during Talk To Us. <https://www.samaritans.org/>



World Chocolate Day 7th July

I must admit I've never heard of this but who am I to complain? Never needed an excuse for chocolate and the 7th is my birthday so I shall be making the most of it.

Summer's a brave choice to host World Chocolate Day at least in countries where the weather is nice and the chocolate is particularly prone to melting. British chocolate lovers like ourselves can probably breathe a sigh of relief as we gorge ourselves stupid, even if we're wearing a T-shirt and sitting outside to make the most of the 13C weather we've come to expect from early July.

The event is dedicated to all things cocoa-based, and it's certainly not time to discriminate. Indulge yourself, share with others, and whatever you do this World Chocolate Day, enjoy it!

July is also picnic month

A chance to share food with the people you can meet up with outside. Not long after I met my husband, we were going out for a day with his youngest daughter who was about 11 at the time. I said I'd make a picnic and of course I went to town to make it special, roast chicken breast, strawberries and cream etc..... we went to Bamburgh and had a lovely time, at the end of the day he said "that was nice but it's not really a picnic without boiled eggs!" So, all our picnics include boiled eggs but each to his own. I hope you find some ideas here to add a bit of variety to your picnics.



Super sarnies - Sandwiches are a picnic winner – handheld yet still hearty enough to fill you up. Be creative with ingredients, try using up leftover meats from a Sunday roast or yesterday's dinner, or grate odds and ends of cheese together to make a flavour-packed mix. No butter? Spread

with cream cheese, houmous, pesto, chutney or mashed avocado (mixed with a little lemon juice to stop it browning) before adding your fillings, then use salad and veg for freshness and crunch.

Bite-sized wonders - Finger foods are perfect for picnics – no mess, great for feeding a crowd and easy to transport, too. Use your muffin tin to its full potential and bake up a batch of savoury muffins, frittatas or sweet treats to pack in a tin and share around.

Dips to go - Dips and crunchy crudités are an easy way to get more veg into your picnic. Raid the fridge for inspiration – chop carrots, cucumber, peppers and celery into sticks, while firm lettuce leaves (like Little Gem), cherry tomatoes, sugar snaps and radishes can be dunked just as they are. Just cover with some damp kitchen towel to help keep them fresh. Empty jam jars are great for transporting everything together, simply layer up with a dip (or try peanut butter, mayo or natural yogurt) and stick the veg on top.



Tasty toppings and sprinkles - An easy way to add flavour to ready-made dishes is with some creative toppings. Take a pot of houmous and add a drizzle of olive oil, a few sprigs of coriander, some thinly sliced red onion and juicy pomegranate seeds, and you've got something really vibrant and exciting. Pep up salads as well with a sprinkling of nuts or seeds for crunch, squeeze over lemon or lime juice for extra zing, or top with chopped spring onions and chillies for a flavour kick.

Jam jar dressings - Add your favourite dressing ingredients to a clean jar, screw on the lid and shake well. The ingredients may separate slightly while being transported, so just give it another good shake before using. Simply toss through salads or drizzle over cold meats to serve.



Fabulous fruit - Fruit is wonderfully versatile for picnics. Apples, pears and grapes can be served with cheese or a Ploughman's platter, or just munched on their own for pud. Pudding can often be an afterthought on picnics, but it's surprisingly easy to include a sweet treat with just a few ingredients. Chocolate is sure to keep everyone happy and you can rustle up some no-bake chocolate crispy cakes. Bring components you can assemble outside. Cream, meringues and fresh berries are always a winner, or try using ready-made biscuits to layer up Strawberry Shortcake Stacks– keep the berries, whipped cream and biscuits separate until ready to eat.

Essential kit

On top of the normal plates and cutlery, having the right kit can be just as important as the right ingredients. Always pack a small chopping board and sharp knife (carefully packaged) so you can prep any ingredients you've just grabbed, as well as a roll of clingfilm to wrap up any leftovers. Clean, empty jam jars are perfect for mixing dressings, holding dips, layering desserts or even serving drinks in, while a plastic mixing bowl can be handy for serving salads or mixing last-minute puds. Handwipes, a tea towel and a clean cloth also make tidying up easier, so if the weather suddenly turns you can pack up in a jiffy, too.

Talking about picnics gives us a great chance to share this recipe with you for



Savoury Muffins - Mary Berry's quick savoury muffins are superb with soup, salads or for eating on the go. The cheese is lovely and oozy if you serve them warm. Eaten cold, they are still fragrant, with a nice saltiness from the cheese and olives.

For this recipe you will need a 12-hole muffin tin and muffin cases.

Ingredients

- 275g/9³/₄oz self-raising flour
- 1 tsp baking powder
- ½ tsp salt
- 50g/1³/₄oz butter, melted
- 1 large free-range egg, beaten
- 250ml/9fl oz milk
- 75g/2¹/₃oz Gruyère cheese, grated
- bunch of basil, leaves only, chopped
- 75g/2¹/₃oz pitted black olives, chopped
- 2 tbsp sun-dried tomato paste

Method

1. Preheat the oven to 200C/180C Fan/Gas 6 and line a 12-hole muffin tin with muffin cases.
2. Measure the flour, baking powder and salt into a large bowl. Mix the butter, egg and milk together in a jug.
3. Add the cheese, basil and olives to the bowl of dry ingredients and mix well. Pour in the wet ingredients and gently stir everything together using a fork. Loosely swirl in the sun-dried tomato paste to give a rippled effect through the batter.
4. Divide the mixture between the cases and bake in the oven for 18–20 minutes, or until well risen and lightly golden brown.
5. Remove from the oven and allow to cool slightly. Serve warm or cold.

Recipe Tip - If you can't find muffin cases, you could use cupcake cases; they are larger than fairy cake cases, but not quite as deep as muffin cases, so the mixture may stretch to a few extra muffins. Gently swirl in the sun-dried tomato paste, without stirring it in completely, as this gives a lovely hit of tomato when you eat the muffin, as well as a nice rippled effect.

Zoom meetings



Welcome to the new WI Training area
Here you can find short courses, accredited course materials and portfolios as well as areas for federation and NFWI roles.
Please login and then click onto the Categories to get started. [Open Courses](#) Category is available to everyone.

Last week I took part in a zoom meeting for NFWI accredited judges, we are supposed to have refresher training but the zoom meeting took the place of that. During the meeting I

was reminded of the WI training portal and realised not many members might be aware of it and its potential use. If you are training with NFWI; an advisor, judge, IFE etc the training portal is where you can contact your tutor and upload your work BUT there is a whole section for members that is open and you can do a course which relates to WI issues <https://wittraining.thewi.org.uk/>. You can access the training platform using your login for My WI website and you'll find the section entitled 'Open Courses'. You can work through them online and get a certificate if you want one. Subjects covered are food safety, climate ambassador, website editing, treasurers training amongst others. Definitely worth looking at!!!!

Planned Zoom meetings – please try and join us if you need any help with zoom Joanne is more than happy to assist. Please note these meetings are not compulsory, they are great opportunities to keep in touch

Presidents Plus One - a chat with the Chairman and available Trustees to share strategies and discuss specific issues. For WI President and one other committee member.

Monday 6th July 7pm – Meeting No. 869 831 67164, password 145749

I have thought a great deal about how to keep in touch with the membership and if there are too many participants it becomes difficult to have any meaningful interaction. I thought about allocating one zoom session per WI but on doing the calculations and mixing in other committees it could be Christmas before everybody gets a turn. So my compromise is to set up meetings based on our groups so that a few WI's get to have their say or raise issues. Doing it this way means that by Mid July everyone has had a chance to take part. The following has been arranged:-

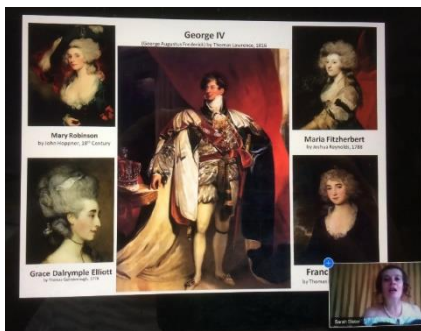
Date	Group	Meeting No. & Password
Thursday 9 th July 7pm	Clavering Group	
WI's	Kibblesworth, Fells Angels, Whickham Village Belles, Dilly Dollies	868 7151 9947 789 039
Monday 13 th July 7pm	Stella Group	
WI's	Chopwell, Greenside, Whickham Fellside, Winlton and Rowlands Gill	819 1071 2257 994 206
Wednesday 15 th July 7pm	Chapman Group	
WI's	Cleadon, New Cleadon, Sisters of Shields, Jarrow, Fulwell and any ladies in Boldon Ladies in Waiting	812 5120 5807 294 815
Thursday 16 th July 7pm	Benedict Group	
WI's	Ewesley Road, Herrington, Tunstall, Chilton Moor, Gilpin and Hylton	837 7380 1202 903 169
Monday 20 th July 7pm	Lambton Group	
WI's	Old Penshaw, Washington Concord, Washington Station, Bowes Belles, Fatfield and Harraton	895 4952 5655 527493

I hope that some of you will join me at these times. There is a Board of Trustees meeting by zoom on Wednesday 8th July at 7pm. Please email the office if you have anything you think the Board should be addressing. Board members will get meeting numbers separately.

Many thanks to you who have joined us on various zoom meetings

Our Zoom coffee meeting last week was attended by about 10 people and it was lovely to have a chat and a catch up, we will be arranging another event very soon.

It was good to see representatives of 6 WI's at the second President, Treasurers and Secretaries zoom held on Monday 29th June. Thank you for giving up your time to participate it was good to see you and have a chat.



We had a lovely evening on Tuesday listening to Sarah Slater's talk on 'Sex, Scandals and Salacious Gossip of the Royal Courts'. We had 55 participants and representatives of 14 WI's. It was entertaining, informative and not too shocking! we also had 2 visitors from a Federation in Yorkshire join us. If anyone would like a copy of the poem Sarah read out please get in touch with Joanne, its not really suitable for publishing here ! Thank you to

all who took part and we'll be planning more talks by zoom for the future. Keep checking your newsletter and facebook.

What have you been upto this week?



I really enjoy seeing everyone's makes and it's always lovely to see pictures of what people have made from recipes featured in the news bulletin – Liv from Dilly Dollies made a lovely apple cake using Ann Cleaves recipe from last week. It looks fantastic! My raspberry gin turned out beautifully so I'm very proud of that.



One of my favourite pictures this week was a knitted jelly baby shared by a member of Whickham Village Belles. The members have also been sharing photos featuring a colour every day. Emily Wear on the committee then makes a collage of all them all, there have been many beautiful photos but this yellow jelly baby really caught my eye! Perhaps you could share the pattern and we could make an army of them.



Jarrow WI have continued with their weekly dine in and this week was salad, simple you might think, but what a lovely variety of salads on show. Being a great fan of smoked fish, I especially liked the look of Margery Green's mackerel salad. On that subject apologies to Fiona Wilson of Dilly Dollies, who's cooking a La Denman Fish Tacos were mentioned last week and I forgot to include the photo so here it is. Maybe at the end of all this we'll be able to collate all the recipes into a booklet – I say booklet as I don't want us to be in lockdown long enough to create a book!



I dropped into Fells Angels regular Monday coffee morning this week, there were not many of us but I really enjoyed the chat, it was a real tonic talking to Helen and Elaine.

I am hearing lots of great reports about what is growing in gardens and with time on your hands and some lovely weather it seems that everyone has grown a set of green fingers (not me though!)



Marjorie Burland of Herrington WI sent us this photo of her glorious potted lilies. She planted them last year and after they'd flowered put them in a corner and forgot about them. She was amazed to see the foliage this year and even more surprised by the flowers.

Joan Brown of Chilton Moor WI decided that a goody bag was the best thing to keep in touch with her members. She has nearly reached the end of her recipient list and everyone has been thrilled by her visit. She wrote an "ode" which she read out to each member. All the members appreciated the gift, it was certainly a morale booster.



Public Affairs

All children should have access to healthy food - The WI is proud to support the call by a coalition of 35 poverty healthy and food organisations, led by Sustain, to ensure Healthy Start vouchers are made available online ASAP.

Together we have sent an open letter to health minister Jo Churchill MP calling for the Healthy Start voucher scheme to be available online. Families need better access to this vital support scheme and can't be asked to rely solely on paper applications forms during Covid-19.

The Government's decision to extend free school meals vouchers through the summer holidays is welcome. However, childhood food insecurity doesn't begin at school age – families on a low income need support during crucial early childhood development years too. This is precisely what Healthy Start brings to the table by supporting pregnant women and children up to four years old, and yet 47% of families missed out on the vouchers last year. The Government must act quickly so that families can easily apply for the vouchers from home, thereby helping more children have a filling and nutritious diet. We urge the Health Minister Jo Churchill MP to act faster so that no child is left behind by food poverty.

Scams - It seems that there are some crooks prepared to take advantage of lockdown I've heard of members getting emails/ phone calls supposedly from British Gas, The TV Licensing Authority, Amazon and even the NHS asking for bank details etc. Please do not give out your bank details to anyone asking for them by email or phone. Check out all requests are genuine. If you do have a dodgy email you can report it to report@phishing.gov.uk who will investigate its origins.

News from National –The Resolution Process

Submission stage - As you will know, the first stage of the resolutions process is going ahead as normal with WIs and federations able to submit proposed resolutions to the NFWI up [until Friday 11th September](#).

However, we recognise the challenges surrounding Covid-19, and so we have relaxed some of the requirements around submitting resolutions. If a WI or federation is unable to meet due to the impacts of the current situation and therefore cannot take proposals to a full meeting, resolutions can instead be approved by the WI Committee or federation Board. All resolutions, prior to submission to the NFWI, will still need to be checked by the federation, either by a Resolutions Co-ordinator, or federation representative.

Member delegates - This year, we will therefore be increasing the number of members able to attend the Resolution Shortlist Selection Meeting to allow more members to participate in this process. In addition to representatives from the 69 federations, we would like to offer a limited number of places to our wider membership.

All WI members are welcome to apply for a place via an online form on My WI, which will be launched [on 1st July](#). Applications are open [until 31st July](#). This will be advertised in the forthcoming July edition of WI Life, and we hope all Federations will take part in promoting this opportunity to their WIs.

Virtual meeting - We are also mindful that there remains uncertainty about government restrictions and social distancing measures and how these will be applied later in the year and therefore we have been exploring more flexible options to ensure this stage of the process is not disrupted.

To ensure the process runs as smoothly as possible, we will be holding the meeting virtually this year. All the debates and the usual voting processes will take place online using webinar software. While we recognise that this is a new experience, we hope this will allow more of you to consider attending and reduce any safety and wellbeing concerns, and that we will be able to hold vibrant discussions to inform the shortlist. This change is for this year only, although we will ask for your feedback following this event to help us continue to review and improve this event each year. Federations will shortly receive more information as well as invitations to attend the shortlisting meeting. In the meantime, if you have any questions, please get in touch with the Public Affairs Department via email (pa@nfwf.org.uk) or phone ([020 7371 9300 ext.238](tel:02073719300)).

This is a fantastic opportunity, that fact that this year's meeting will be a virtual meeting means that so many more of us will be able to participate. In the past I have always wanted to attend but felt that the cost of attending in London for part of a day was too much for the Federation to bear. Make sure you get your application in if you want to participate.

Denman News - This week we received the following statement from Denman - 26/6/20.

“We hope that you are all safe and well. We are delighted that ‘Denman at Home’ has allowed many of you to keep in touch with us and benefit from the variety of courses on offer, just delivered a different way, under the current circumstances. We are also proud to have been able to connect with many of you who have never been to Denman. Most importantly, we are delighted to see the enthusiasm for these courses so far. As we all come to terms with the detrimental impact of COVID 19 and try to return to normal activities again, the safety of everyone who comes to Denman College still remains our utmost priority. Based on a review of these factors and following advice from our Health and Safety advisers, regrettably we have

concluded that we will not be able to reopen on 1st July as we had previously hoped. The procedures we would need to put in place due to government guidance, would significantly impact on the delivery of our services at Denman and result in the reduction of the capacity of the college. In addition, we know from speaking with you that many of you do not wish to visit Denman until life has returned to normal, but this of course means we have exceptionally reduced student numbers, making courses impossible to run. Based on reduced numbers and crucially the complexities around re-opening, Denman will therefore continue to remain closed until further notice. We will continue to monitor and review government guidance and keep you updated. Consequently, the few remaining courses in July and August will unfortunately now also be cancelled. For anyone still booked on these courses we will be contacting you shortly to process a refund.

We are profoundly saddened to take this course of action and apologise for any inconvenience this may cause, but we hope that ‘Denman at Home’ will make up for this for the short term. In the meantime, we would request your patience and support whilst we review ongoing government guidance. If you have any urgent queries that are not answered by the FAQs on the Denman website, you can continue to contact the

NFWI Membership and Engagement team on membership@nfwl.org.uk. However, please note that they will not have access to any information about existing bookings or be able to process any requests on behalf of Denman staff. Thank you for your support and understanding. Please take care and be safe”

Jeryl Stone, Denman Chair

Up and coming courses at Denman – Denman have 15 courses coming up over the next few weeks. Visit www.denman.org.uk/whats-on/ for further details





Don't forget Julie Pendleton's radio show on Sunday 2-4pm Nova Radio North East. She often features WI members, always a Federation update and interesting speakers. One of last Sundays guests was a restaurateur from Newcastle who talked about Black Friars restaurant in Newcastle and all the other culinary activities that go on there. He also said he would be happy to have WI based visits there, one for the future when we are back to normal.



Post Bag – Its been a quiet week in the post room remember to share your pictures, stories, book reviews or recipes with us. If you would like to see something different in the news bulletin please let us know.

Top tips when using Zoom – Each week we will try and include a tip to make your zoom meeting better, easier and more enjoyable. A simple one to start off with and a really helpful one - how to mute and unmute yourself without scrambling and looking for the microphone button.

‘Simply press and hold the spacebar, direct from your keyboard, to mute and unmute your microphone’ – Easy.

Remember

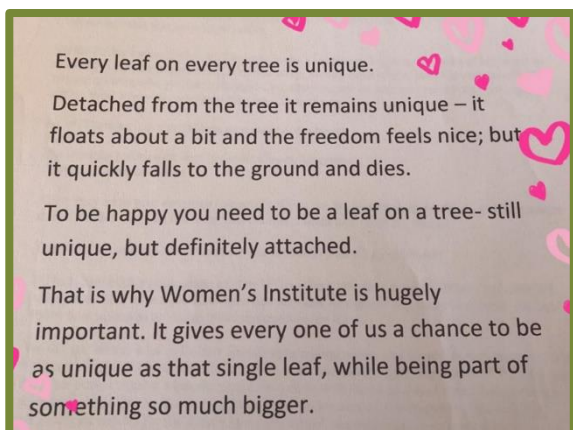
- Joanne will be taking a much deserved holiday w/c 13th July, there will be no news bulletin that week but you can contact me on 07718 231984 or by email macarter1@hotmail.co.uk.
- Let us know what you think about doing a ‘Show’ of all the lockdown things you have been making
- Let us know if you are interested in joining the 100 Club.

Take care

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

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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