



Hello Everyone

I hope you are all well and safe and enjoying the lovely weather we have at the moment, long may it last.

In the past week I've been able to do a few things I haven't done for ages, met my sister and my best friend for coffee in the open air, had a lovely catch up but it was strange that there were no hugs! I had a lovely afternoon in Saltwell Park with 2 of my grandsons. I had forgotten how beautiful Saltwell Park is, there are so many different parts to it and even though there were many people out and about it was easy to maintain social distancing.



For the first time I joined a WI Wanderers event on Facebook, it was also the first time I'd used zoom just for fun! All my previous zooms were meetings. I listened to the wonderful talk about Adelaide Hoodless by a lovely lady from Canada who is the historian that works on the Adelaide Hoodless Homestead historical site. It was fascinating and very informative. The lady said she would be happy to do it again so there may be a return so look out for it in the WI Wanderers.

As you know last week, we had a zoom meeting with representatives of our WI's, whilst we considered the implications of the guidelines for restarting meetings. It was pretty much agreed by the participants that given that each venue and each WI is different it is unlikely that any of our WI's are able to go back to normal yet. As the weekend brought further instructions from the Government, I thought that this might bring some confusion to what we had discussed. However, I have read the updated guidelines and we are still able to meet in groups of 30 both inside and outside provided all the Covid 19 precautions are followed. The information with reference to seating sanitising, mask wearing etc. still stands and is as important as it ever was. It is **ESSENTIAL** that a risk assessment is completed for each meeting/event and all the details of attendees are kept for track and trace purposes. Let us know about anything you have organised and send us pictures.

Overleaf are the relevant quotes from Government guidelines.

## 2.9 Can I gather in larger groups for any reason?

You should only be socialising in groups of up to two households (including your support bubble) indoors and outdoors or up to six people from different households when outdoors.

More generally, you can continue to meet in larger groups if necessary for work, voluntary or charitable services, education, childcare or training, elite sporting competition or training, to fulfil legal obligations, to provide emergency assistance, or to enable someone to avoid illness, injury or risk of harm.

It is otherwise against the law for gatherings of more than 30 people to take place in private homes (including gardens and other outdoor spaces). Businesses and venues following COVID-19 Secure guidelines can host larger groups. This is also the case for events in public outdoor spaces that are organised by businesses, charitable or political organisations, and public bodies, provided they take reasonable steps to mitigate the risk of transmission, in line with COVID-19 Secure guidance and including completion of a risk assessment. This can include weddings, civil partnership ceremonies and funerals (which we advise should be limited to no more than 30 people), religious ceremonies and services, community activities and support groups. Any other gathering in an outdoor space or in a private home (or garden) must not be any larger than 30 people.

## 2.10 How can I stay safe if I am part of a larger gathering?

If taking part in activities with larger groups, you should take particular care to follow social distancing guidelines. In addition to those guidelines, the following principles should be observed to ensure you meet people in a way that minimises the risk of spreading infection:

- limit the time you spend interacting with people from outside your household or support bubble to the activity which you are partaking in
- limit the number of different activities which you partake in succession to reduce the potential chain of transmission
- follow strict social distancing guidelines from people outside your household or support bubble
- group size should be limited to the minimum which allows the activity to take place
- if organising an activity, you should carry out a COVID-19 risk assessment to identify actions which could minimise the risk of transmission. Employers have a legal responsibility to protect workers and others from risk to their health and safety

Can I just remind those of you that have National Raffle tickets to return them as usual before the closing date? You have to be in it to win it! The odds might be better this year as many people might not participate – two years ago the cash prize was won by a member in County Durham Federation.

Congratulations to Cleadon WI who have recruited a new member during the pandemic period and welcome to Elizabeth Wilson - we hope you enjoy being a WI member. Have any other WI's recruited new members since March? Why not let us know so that can give them a welcome by news bulletin? Send their details to the office.

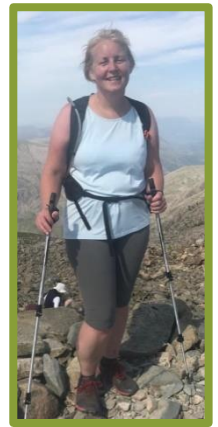
### What have you been upto this week?

I love seeing all your activities on Facebook, this week Sister of Shields WI renamed their wine club as the 'Sipsters of Shields and held a virtual sparkling afternoon tea which looked like a lot of fun. The food on display looked gorgeous and I think the members families benefitted too! The sparkling element was provided in the wines, fizzy water and soft drinks.





It looks like the ladies from Bowes Belles are getting fit during lockdown, last week it was Jan and Joanne – this week Katherine smashed 100k in July as part of This Girl Runs virtual fun run, despite having an injury for the first few weeks. The big question now is, should she sign up for 150k in August? Tracey Wood BBWI member and Katherines partner in crime climbed Scafell Pike (the highest mountain in England) to finish her 100k. Well done ladies – we are right



behind you !!!! if I could keep up.

Each week when looking for ideas/inspiration for the news bulletin I check out information about special days and on one website I came up with the 3<sup>rd</sup> August as being White Wine Day and also Clean your Floors Day – I know which one I would celebrate!

The 13<sup>th</sup> August is International Left Handers Day, a day for raising awareness of the challenges faced on a regular basis by left-handed people in a largely right-handed world. I'm sure some left-handed people would tell us stories of being forced to use their right hand rather than their left as children. I was horrified when I worked as a checkout operator, as a student, to discover that the supermarket wouldn't employ left-handed till operators, because the tills were set up for right-handed people. It is now possible to buy many implements for left handers which you couldn't years ago. Rarely were children offered left-handed scissors in schools and instructions for many practical skills are usually just for the right-handed. Happily, we are now all more aware of other peoples needs although my husband who is left-handed has never need a left-handed beer glass!



Marian Murphy sent us this picture of me - perhaps just after my student days. It shows I should have a love for outdoor life but probably more typically even back then a love for the WI with right-handed teapot in my hand! Why not send us some photos of yourselves when you were young and things you used to get upto. Let's see if we can recognise you.

### Things to do in the next few weeks

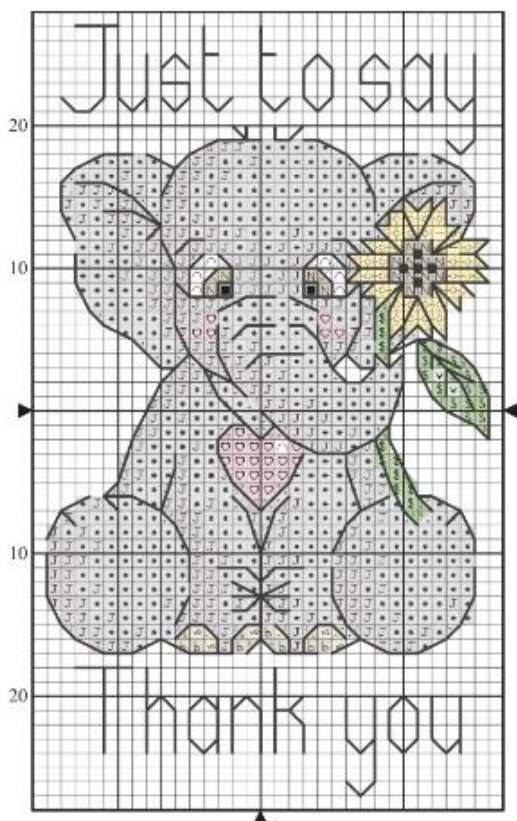
Don't forget to listen to Julie Pendleton's radio show on Sunday 2 - 4pm on Nova radio North East. This coming weekend she has Kevin Wadsworth a meteorologist from the met office to interview.

The weather is something that affects us all therefore it is a huge and fascinating subject for us in the UK. This is the famous photo of lightening striking the Tyne Bridge on "Thunder Thursday" 28 June 2012. If you have any memories of that day Julie would love to hear them. Also send in requests or dedications, just send her a message via Facebook - "On the Radio with Julie Pendleton".

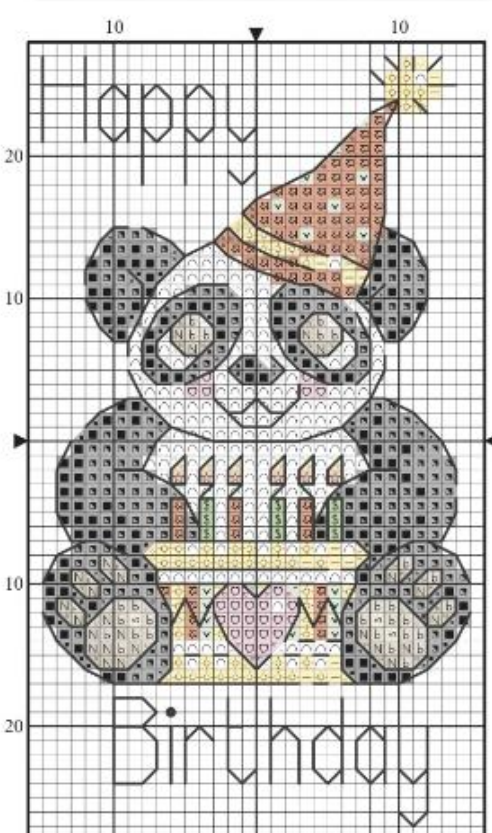
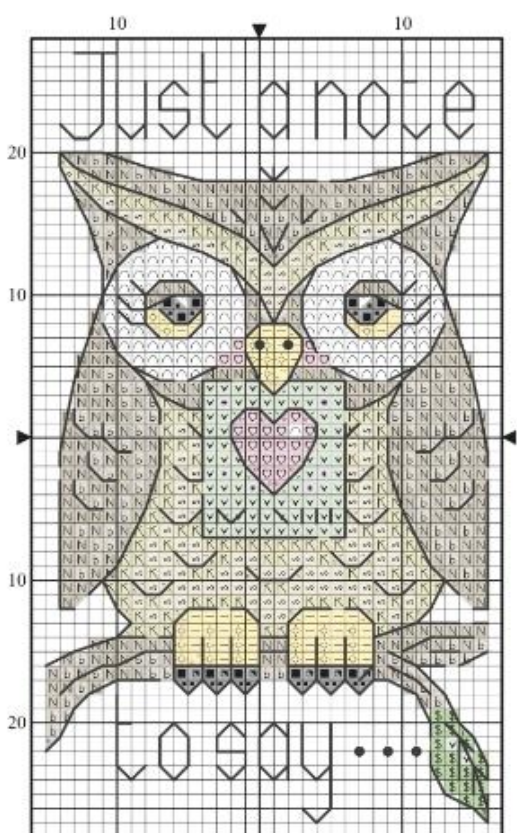




**A little craft project:** something to keep your hands busy and my fingers out of the biscuit tin!  
You could use any scraps of embroidery floss to work these designs, make sure you send us a picture of your finished cross stitch.

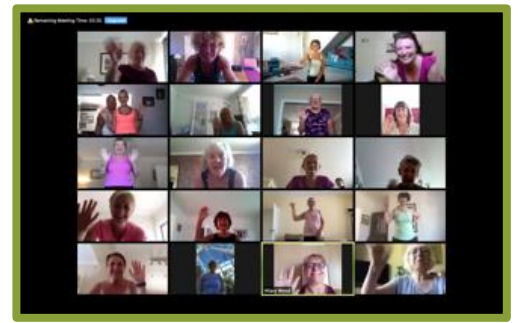


| Animal occasions key                                  |       |        |         |              |
|---|-------|--------|---------|--------------|
| ✕ Cross stitch in two strands                         |       |        |         |              |
|   | DMC   | Anchor | Madeira |              |
| ∩   | 85200 | 1      | 2401    | white        |
| ■   | 310   | 403    | 2400    | black        |
| J   | 318   | 399    | 1801    | grey         |
| ✕   | 415   | 398    | 1802    | light grey   |
| ♡   | 604   | 55     | 614     | pink         |
| N   | 611   | 898    | 2107    | brown        |
| b   | 612   | 832    | 2108    | light brown  |
| ■   | 666   | 46     | 210     | red          |
| S   | 701   | 227    | 1305    | green        |
| ☺   | 726   | 295    | 109     | yellow       |
| —   | 727   | 293    | 112     | light yellow |
| ▽   | 954   | 203    | 1207    | mint green   |
| K   | 3046  | 887    | 2206    | straw        |
| ~   | 3047  | 852    | 2205    | light straw  |
| ■   | 3799  | 236    | 1713    | dark grey    |
| ★   | 3853  | 1003   | 311     | copper       |
| ✕ Backstitch in one strand                            |       |        |         |              |
| —   | 3799  | 236    | 1713    | dark grey    |
| ✕ French knots in one strand                          |       |        |         |              |
| ●   | 3799  | 236    | 1713    | dark grey    |
| MAXIMUM STITCH COUNT 54 high x 54 wide                |       |        |         |              |
| DESIGN AREA 14 HPI (28-count evenweave)               |       |        |         |              |
| — 10x10cm (3¾x3¾in)                                   |       |        |         |              |
| These designs were stitched using DMC stranded cotton |       |        |         |              |



If you would like a copy of this pattern printed please get in touch with Joanne in the office, it may be unclear in the bulletin.

**Zoom Workouts** Karen Tann, a member of Whickham Village Belles, wrote to us a while ago about free zoom workouts that she runs on Monday, Wednesday and Fridays at 10.00am. The workouts are still ongoing and her local class members have been joined by ladies from around the country which is lovely. There is a link on the village Belles Facebook page and the WI Wanderers Facebook page and she is always happy for new people to join in. You can contact her directly if you don't have Facebook by Email [Kemtann@googlemail.com](mailto:Kemtann@googlemail.com). Class members have been raising funds for St Oswald's Hospice and so far have donated a fantastic £450.00.



The Glamorous Owl



**Silver Ring Workshop** – Bowes Belles WI have 3 spaces available on the silver ring making workshop with The Glamorous Owl at 10.30 am on Saturday 19th September at a cost of £20 per person. Ideally, we'd like these to go as a 3 as its a family who is unable to attend. This is open to WI friends and family. Please contact [bowesbelleswi@gmail.com](mailto:bowesbelleswi@gmail.com) to secure.

<https://www.theglamorousowl.com/>

**Who Knew? August 15<sup>th</sup> is National Granny Square day.**

## RAINBOW PUFF

by Natalie Beard

**SKILL LEVEL**  
Easy peasy

**YOU WILL NEED**  
■ DK in 5 shades  
■ A 4mm (US G/6) hook

### SQUARE

Using Yarn A, make a magic loop.

**Round 1 (RS)** Ch2 (counts as first leg of cl), 4-tr cl into loop, ch1, (5-tr cl in loop, ch1) 7 times, ss to top of beg cl. [8 cl, 8 ch-1 sps]

**Fasten off.**

Join Yarn B in any ch-1 sp.

**Round 2** Ch2 (counts as first leg of cl), (4-tr cl, ch1, 5-tr cl) in same ch-sp, ch1, (5-tr cl, ch1, 5-tr cl, ch1) in each ch-1 sp around, ss to top of beg cl. [16 cl, 16 ch-1 sps]

**Fasten off.**

Join Yarn C in second ch-1 sp.

**Round 3** Ch3 (counts as tr), (1tr, ch2, 2tr) in same ch-sp, \*ch1, 2tr in next ch-sp, ch1, 2tr in next ch-sp,

ch1, 2tr in next ch-sp, ch1, (2tr, ch2, 2tr) in next ch-sp, rep from \* 3 times more omitting final corner, ss to top of beg ch-3. [40 sts, 16 ch-1 sps, 4 ch-2 corner sps]

**Fasten off.**

Join Yarn D in any ch-2 sp.

**Round 4** Ch2 (counts as htr), (1htr, ch2, 2htr) in same ch-sp, \*3htr in each ch-1 sp to next corner, (2htr, ch2, 2htr) in next ch-2 sp, rep from \* 3 times more omitting final corner, ss to top of beg ch-2. [64 sts, 4 ch-2 sps]

**Fasten off.**

Join Yarn E in any ch-2 sp.

**Round 5** Ch1 (does not count as a st), \*2dc in corner ch-sp, dc in each st to the next corner, rep from \* 3 times more, ss to beg dc.

**Fasten off** and weave in ends.

11



As designated by a national crocheting magazine . They are encouraging crocheters to try other granny square patterns. I made this blanket a couple of years ago but I'm afraid I tend to stick to the same granny square pattern but I've

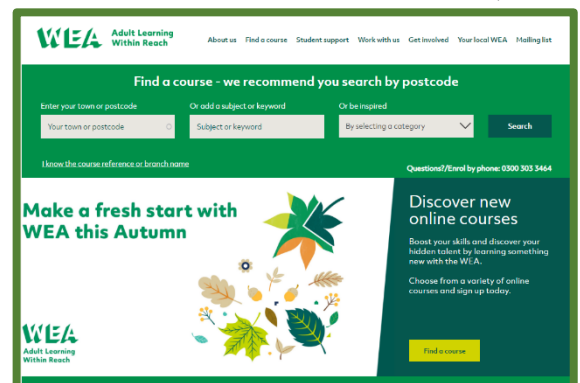


resolved to try some other patterns. Here's another pattern which will give a denser square than my usual pattern.

**Why not try a course with the WEA**

<https://www.wea.org.uk/>

The WEA have introduced new courses for Autumn 2020, why not have a browse and see if there is one you fancy. Please check out the payments – you could qualify for a free course !!!





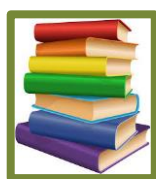
**Puzzle** - Since it was Prince George's 7<sup>th</sup> birthday last week can you attempt this word search all about George's?



## WORD SEARCH

Look for the famous Georges in the grid. All are hidden in the usual way, except one – which one? This is your answer.

A ROMERO  
BENSON  
BERNARD SHAW  
BEST  
BOY  
CLINTON  
CLOONEY  
CURIOUS  
DAVID LLOYD  
ELIOT  
EZRA  
FOREMAN  
FORMBY  
GENERAL CUSTER  
GENTLY  
GERSHWIN  
HAMILTON  
HARRISON  
HERBERT  
JETSON  
KING GEORGE VI  
LUCAS  
MICHAEL  
OF THE JUNGLE  
ORWELL  
PEPPARD  
PRINCE GEORGE  
R R MARTIN  
SAINT GEORGE  
STUBBS  
TAKEI  
WASHINGTON



**Read and Rhyme** - Some new books to look at this week – all coming out 20<sup>th</sup> August  
**Beach Road by Emily Henry**

One of the best stories this year – Romance writers end up living next door to each other one summer. For a bet, they decide to swap genres and inevitable fall in love – this would make a great movie.



**The Big Chill by Doug Johnstone**

This is the second instalment of A Dark matter, the first book in the series about the Skelf Women. The family consists of Grandmother mother and daughter all funeral directors and private investigators – this instalment does not disappoint.

**Ordinary Hazard's by Anna Bruno**

Emma sits at the bar in the small US town where she lives, along with the other locals. As they drink and exchange banter its slowly revealed why Emma's life has unravelled. This is a debut novel and a beguiling portrayal of grief.



Let us know if you read any of our recommendations and tell us what you think

I stole this from Facebook and it's a strong message for us, enjoy everything that is a blessing in your life.



**Caitriona Loughrey Global**

24 Jul • 🌐

Barely the day started and... it's already six in the evening.  
Barely arrived on Monday and it's already Friday.  
... and the month is already over.  
... and the year is almost over.  
... and already 40, 50 or 60 years of our lives have passed.  
... and we realize that we lost our parents, friends.  
and we realize it's too late to go back...  
So... Let's try, despite everything, to enjoy the remaining time...  
Let's keep looking for activities that we like...  
Let's put some color in our grey...  
Let's smile at the little things in life that put balm in our hearts.  
And despite everything, we must continue to enjoy with serenity this  
time we have left. Let's try to eliminate the afters...  
I'm doing it after...  
I'll say after...  
I'll think about it after...  
We leave everything for later like "after" is ours.  
Because what we don't understand is that:  
Afterwards, the coffee gets cold...  
afterwards, priorities change...  
Afterwards, the charm is broken...  
afterwards, health passes...  
Afterwards, the kids grow up...  
Afterwards parents get old...  
Afterwards, promises are forgotten...  
afterwards, the day becomes the night...  
afterwards life ends...  
And then it's often too late....  
So... Let's leave nothing for later...  
Because still waiting see you later, we can lose the best moments,  
the best experiences,  
best friends,  
the best family...  
The day is today... The moment is now...

Many thanks to Kath Houlston of Washington Concord WI for writing and sending this lovely poem in.

## FRIENDSHIP - WASHINGTON CONCORD WI

So, what can I say about Friendship? Oh yes, I know...

Friendship just doesn't care if you are dark or fair.

It does not care if you are thin or fat,

no, it does not care about that!

It doesn't care if you are tall or small.

It just does not care at all

Anyway, what is Friendship?

Well, its the perfect blend-ship

of two people, or three or four.

It could be a group of even more.

Friendship, indeed, encompasses

everyone of every creed.

Friendship, when it's truly given,

is like floating on a cloud in heaven.

Without Friendship life is a horror!

It's hard today and seems like

there is no tomorrow!

Friendship could be called warm runny honey,

because it gives you a nice feeling in your tummy.

It's having someone there for you.

In good times and in bad.

It's helping others be themselves and not feel sad.

Its caring and sharing and putting others first.

It's talking together and understand too

how no-one wants to be alone.

So Friendship is what we do!

But where can Friendship be found?

We can't go and buy it in a shop.

It has to be given, not in exchange of a pound.

It has to be nurtured and treated as treasure.

Sometimes it comes quickly or grows over time.

It can come when we're busy or at our leisure.

It's a meeting of minds that can last forever

and give us all pleasure.

Where on Earth can we find Friendship?

Should we go cruising, is there some in a ship?

Or shall we look in the sky?

Maybe there is some in a plane we we fly.

Actually, It;s here today.... here....

all around us.... in "OUR WI"

By Kath Houlston - Washington Concord WI



**Post Bag –** Lovely comments again this week ladies thank you very much.

Please do tell us if you would like to see anything new, anything you don't like – we are always open to change and new suggestions.

“Ah, what a lovely newsletter. The theme of kindness and friendship of the WI really shines through” – Katherine Watson.

“Enjoyed this bulletin. Great to hear what's happening around the area, otherwise we all become insular. Keep going. You're doing a great job. Thanks for being so upbeat! Joan Elton Rowlands Gill

“These bulletins just keep getting better and better. This week you made me laugh, be thoughtful and be very thankful. I appreciate the time and effort it takes to produce one bulletin but to have now reached number 18 and still keep us all engaged is a huge achievement. Thank you, looking forward to number 19 already” Lynda Alexander



### Good tips this week – we all should be glowing next time I see you

- Look healthy. Light your face indirectly, from a front-facing angle. Use a weak light source so you don't end up looking washed out.
- Don't look down on others. Try to make eye contact by positioning your camera so that you are looking slightly up at the camera.
- Dial-in early. As everyone gets better with video conferencing, expectations are you must be competent at video calls.
- Start on a positive note. Go around the call and ask everyone to share something that is positive in their lives. These days, everyone is coming from a different place with different challenges. By starting on a positive note, I have noticed that there is more engagement and creativity during the call.
- Install KRISP This cool app uses AI to rid your conversations of background noise and static. That's right, no one will be able to hear your dog barking in the background. And the feedback goes away



I love these easy Ice cream desserts, starting with a carton of readymade ice cream you can create some delectable concoctions . Try your own experiments to see what you can create- I've heard that if you soften up ice cream and stir it all the calories evaporate, not sure that's true but I'm willing to be convinced.

## APPLE PIE

*Ready in 15 minutes (plus freezing)  
Serves 6*

Slightly soften 2 litres vanilla ice cream. Stir in 225g canned apple filling, 1tsp ground cinnamon and 100g broken Hobnobs biscuits until just combined. Spoon mixture into a freezerproof container. Cover; freeze until firm.

*THIS RECIPE ALSO WORKS WELL WITH THE FOLLOWING COMBINATIONS...*

- 2 litres chocolate ice cream
- 225g canned black cherry fruit filling
- 1tsp grated dark chocolate
- 100g broken amaretti biscuits
- 2 litres vanilla ice cream
- 225g blackcurrant canned fruit filling
- 1tsp finely grated lemon zest
- 100g lemon curd

## HOKEY POKEY

*Ready in 15 minutes (plus freezing)  
Serves 6*

Slightly soften 2 litres vanilla ice cream. Stir in 150g coarsely chopped chocolate-coated honeycomb bars and 75g chopped sugar-coated almonds until just combined. Spoon mixture into a freezerproof container. Cover; freeze until firm.



## MANGO MACADAMIA

*Ready in 15 minutes (plus freezing)  
Serves 6*

Slightly soften 2 litres mango sorbet. Stir in 140g chopped candied honey roasted macadamias and 1tbsp finely grated lime rind. Spoon mixture into a freezerproof container. Cover; freeze until firm.

*CAN'T FIND HONEY ROASTED MACADAMIAS? MAKE THEM!*

*HONEY ROASTED NUTS (Makes 500g)*

Preheat the oven to 180°C/gas 4. Melt 25g salted butter and 1tbsp runny honey in a pan over medium heat and cook for 3 minutes or until the butter has melted. Place 500g macadamia nuts (or a mixture of nuts like almonds, hazelnuts or cashews, if you wish) onto one large baking tray, then pour over the butter mixture. Toss to coat all the nuts, then cook for 20-30 minutes, or until golden, carefully shaking the tray every 10 minutes to make sure they cook evenly.

## BACI

*Ready in 15 minutes (plus freezing)  
Serves 6*

Slightly soften 2 litres chocolate ice cream. Stir in 140g chopped roasted hazelnuts and 200g chopped dark chocolate. Spoon mixture into a freezerproof container. Cover; freeze until firm.

*WHY NOT TRY...*

- 2 litres vanilla ice cream
- 140g chopped roasted pistachio kernels
- 200g white chocolate
- 1tsp ground cardamom.
- 2 litres caramel ice cream
- 140g chopped roasted salted peanuts
- 200g milk chocolate
- 200g softened Carnation caramel



Christmas Corner, how about making some of these for gifts?



## MAKE YOUR OWN BATH SALTS

### YOU WILL NEED

- \* Jar (I upcycled an old candle jar) \* String \* Glue gun
- \* Artificial flowers and foliage to decorate or a label (optional)

### FOR THE BATH SALTS

- \* 1 cup of Epsom salts
- \* ½ cup of baking soda
- \* 5-10 drops of essential oils (I used 4 lavender, 3 ylang-ylang and 3 orange) \* Dried flower petals

### TO MAKE

- ① Mix all the bath salt ingredients in a bowl, making sure all the oils are well combined.
- ② Take your jar and fix one end of the string to the glass with a dab of glue, then wind the string round the jar four or five times. Cut off any excess string and fix the other end with a small dab of glue. Try to finish your string where you started so the glue fixings are in line with each other. You can then attach dried flowers or a label to the string, hiding the ends as you do so.
- ③ Fill the jar with the bath salts and dried flower mix.
- ④ To use, add a quarter to a half cup of the salts to your bath and relax!



Teresa Rowell of Herrington WI sent this version of a Christmas cake in – it sounds fun and full of Christmas cheer.

### CHRISTMAS CAKE -- An original recipe.

#### INGREDIENTS.

- |                   |                     |
|-------------------|---------------------|
| 1 Cup Water       | 2 Cups Dried Fruit, |
| 1 Cup Sugar       | 1 Teaspoon Salt     |
| 1 Cup Brown Sugar | 4 Brown Eggs,       |
| 1 Cup Butter      | 1 Packet Nuts       |
| Lemon Juice       | 1 Bottle Whisky.    |

#### WHAT TO DO

- 1 Sample the whisky for quality.
- 2 Take a large bowl Check the whisky again be sure that it is of the highest quality, Pour one level cup and drink Repeat.....
- 3 Turn on the electric mixer, Beat one cup of butter in a large fluffy bowl. Add one teaspoon of sugar and beat again.
- 4 Make sure the whisky is still O K Cry another tup. Turn off the mixer.
- 5 Break two eggs and add to the bowl and chuck in a cup of dried fruit.
- 9 Pick up all the fruit from the floor. Check the whisky again. Make sure it is still fresh.
- 7 Mix on the turner, If the fried fruit gets stick in the beaters pry it loose with a drowscriver.
- 2 Sample the whisky to check for tonsisicity.
- 7 Next sift 2 cups of salt or something, who cares, Check the whisky Call the plumber.
- 8 Now sift the lemon juice and strain your nuts, Add one table spoon off the sugar or somefink whatever you can find. Check the whisky
- 11 Grease the oven Turn the cake-tin 350 degrees but try not to fall over.
- 2 Finally throw the bowl through the wingow. finish the whisky kiss the dog and bo to ged.



## Join Denman Meetings – these are coming up.....



### Scrapbooking with Liz - Make two

#### 12x12 Layouts

Tuesday 4 August 2020 1pm - £5



### Cook-Along with Alex - Roast Aubergine with Chilli 'son' Carne

Thursday 6 August at 6pm - £5



### Make-Along with Claire - Stitched

#### Art Scene

Friday 7 August at 1pm - £5



### 'Make Do and Mend' Make Your Own Land Girl Doll - Demonstration and Q&A with Claire

Saturday 8 August at 11am - £5



### Cook-Along with Alison - Focaccia and Malt Loaf

Monday 10 August at 1pm - £5



### Carole's Talk on Ecuador and the Panama Hat

Tuesday 11 August at 6pm - £5



### Gentle Mindful Yoga with Elaine (6 Part Course)

Thursday 6 August at 11:30am - £30



### Simon's Talk on Berlin 1936: "Hitler's Olympics"

Friday 7 August at 11am - £5



### Crafting with Kids - 3D Geometric Shapes

Friday 7 August at 5pm - £5



### Cook-Along with Alison - Buns and Soda Bread

Saturday 8 August 2020 at 1:30pm - £5



### Melanie's Talk on Eva Braun - Victim or Contriver?

Monday 10 August at 7:30pm - £5



### Felt Jewellery with Sue - Demonstration and Q&A

Wednesday 12 August at 11am

**Sad News** – some of you may have seen facebook already the announcement of the sad news that the Customs House Pantomime will not take place this year. This is such a shame for them as it is one of their largest fund raisers, it is also a shame for us as we had planned to take about 100 members, it is always a great night but we must keep everyone safe. So, it will be 2021 before Rapunzel lets down her hair.

All of the work that the Chairman and Board of Trustees is not always visible to all members. We deal with happy and fun times, sad and glad times. We expend a great deal of energy trying to ensure that all members are treated equally and in a way that they get the benefits of belonging to the WI. Over a period of about two months a sub-committee of the Board have had to deal with a difficult situation in one of our WI's. This has led to an investigation of the issue, personal letters to a number of members, a report to National WI and subsequently the filing of a Serious Incident Report to the Charities Commission. The Board of Trustees take seriously their duty of care to members and will not support Bullying and Harassment in any shape or form and will always deal with it if it is brought to our attention.

The Board want all members to enjoy their membership, so be kind, especially in today's difficult world.

Thank you for reading.

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

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For information and support on domestic abuse, contact:

- Police: 999 press 55 when prompted if you can't speak
- Refuge UK wide 24-hour helpline: 0808 2000 247