

County News

Image: Derwentwater

The Cumbria-Cumberland Federation of Women's Institutes

CCFWI, WI Office, 12a Clifford Court, Carlisle CA3 0JG

Visitors/Phone enquiries: Wednesday/Thursday 10.00am to 1.00pm Tel: 01228 521774

Website: cumbria-cumberland.thewi.org.uk/

 Facebook.com/CCFWI/

Chairman: Kathleen Bowron

Treasurer: Ann Kirkpatrick

Federation Secretary and Editor: Lesley Porter

Email: ccfsecretary@ccfwi.co.uk

Enclosures this month: 2024/25 Year Book updates, Trustee Nomination Form

E-Flyers: John Barrie; Rosehill Theatre. **TO ALL SECRETARIES**— Please distribute accordingly and if any enclosures are missing, please contact the Secretary at WI Office

Changes to Office Hours:

W/C 7/7/25 - Office will be closed

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THE MAIN EVENT

Annual Council Meeting - 2025

Event Code: TB-ACM **Venue:** Greenhill Hotel, CA7

8LS Event lead: Fed Secretary **Tel/Email:** As above

Date: Weds 22nd October **Time:** 10:30-4:00pm

Cost: £10 for non-delegates incl tea/coffee

Please save this date in your diary - further details and booking info for the meeting and lunches will be in the September County News. We listened to your comments from last year so there are a few changes this year which we hope you will all appreciate:

- We're extending into the afternoon to make it more of an event. A Soup and Sandwich lunch will be available to purchase (£10).
- Chairman's Challenge **Anything beginning with a 'C'** We're allowing more time for you all to judge this so please start saving your silver coins to place your votes. Last years entries were wonderful and plentiful, let's try and be even better this year... Entries will need to be in place by 10:00am
- There will be the usual business, presentations, two humorous speakers, a little light musical entertainment and plenty of time for catching up and sharing ideas with each other.

Save the Date

DEADLINE FOR SUBMISSIONS FOR ISSUE no. 397 - 18th Aug

A LETTER FROM YOUR COUNTY CHAIRMAN

Dear Fellow Members

Welcome to this double issue of County News covering July and August. This means that we will produce an edition in September with all the up-to-date information about up-coming events for the autumn, such as Coffee Morning in Alston on September 13th, Learn to Crochet September 23rd and Annual Council Meeting on 22nd October to name a few. As you know the Board of Trustees is due for election so, please give some thought as to what YOU could contribute to the Federation in this role. We are considering the possibility of holding some Trustee meetings in the west of the county so if you know of any suitable venues (either free or very reasonable rates) please let us know. I know many of you will be heading off on holiday over the next two months and I hope you all have a wonderful break and come back refreshed and raring to go again.



Kathleen Bowron

ITEMS FROM THE BOARD OF TRUSTEES + OPPORTUNITIES

⇒ A PLEA TO ALL WI SECRETARIES... again!

We really rely on you to inform your members with news of our events. They take a lot of organising and it's disappointing when we have to cancel. Any profits made help to keep the federation going. So can you **please** read out the Federation Events at your meetings and even pin the Events Diary on your noticeboard.

⇒ LONG SERVICE AWARDS

Once again, we will be presenting long service certificates at the Annual Council Meeting so please can you let Lesley have the names of all ladies who have been members for 30+, 40+, 50+, 60+, and 70+ years that either haven't had a certificate yet, or who have moved up in the number of years categories.

All names to be received by 15th September please

⇒ CRFM'S TALK OF YOUR TOWN – A SPECIAL INVITATION FOR WI MEMBERS

CRFM, Carlisle's local community radio station, is launching a new segment called *Talk of Your Town* — and they want to hear from WI members! This new feature will highlight inspiring stories, proud moments, and community achievements from across our branches. Whether it's a standout member, a special event, or a piece of local WI history, CRFM is eager to shine a spotlight on the women and work that make our communities thrive. To suggest a story or get involved, contact Stephanie McCullough at steph@yourcrfm.co.uk. Let's share the voices of WI with the wider world!

WE HAVE SOME WINNERS...

⇒ 200 CLUB DRAW

Our 3rd draw took place at the Fed Coffee Morning at Longtown on 7/6/25

- ◇ 1st Prize - £90: No. 95 - Dean WI
- ◇ 2nd Prize - £50: No. 7 - Margaret Pattinson of Rosley WI
- ◇ 3rd Prize - £25: No. 78 - Carol Money of Moresby WI
- ◇ 4th Prize - £25: No. 139 - Warwick Bridge WI

Congratulations!

NEWS FROM YOUR SUB-COMMITTEES

ARTS, CRAFTS & LEISURE - Chairman: Mandy Henderson

Thank you to Margaret and members for supporting our "Blackwork Course". We are looking forward to our games day on the 19th July – fun and laughter is the order of the day! We have a Crochet taster day on 23rd Sept – if you have never done it, or it's been a while, Amanda will help you get started, she is a very experienced crochet teacher. We have the federation quiz on the 6th Nov, so start thinking teams and how many!! We are looking at ideas for next year – some suggestions so far pewter, axe throwing, archery to name but a few! Do let us know if there is something you would like to do/learn and we'll see what we can do. Remember, these events are put on for you!

EDUCATION & PUBLIC AFFAIRS - Chairman: Jennifer Baker

ACWW Rural Women In Action - Your WI donations of £553.14 along with £700 from the walk means cheques to the value of £1253.14 have been sent to ACWW this year. Well done to you all.

MEMBERSHIP SUPPORT - Chairman: Dawn Eyre

After the much appreciated Programme Secretary events, we are arranging a Treasurers Update one. So all Treasurers, either new or experienced, or if you're thinking of taking on the role, please come along and share your good and not so good experiences/problems with each other. Susan Graves and Jennifer Baker (our in house Auditors) will be there to help and give you any information you require. **SO BOOK NOW FOR: TUES 28TH OCT- 13:30 -15:30 AT THE CARLISLE OFFICE. £5.00 TO ATTEND (PAID FOR BY YOUR WI)** We look forward to seeing you all (there will of course be treats on offer).

Contact Dawn Eyre to book. deyre67@gmail.com 01697361851

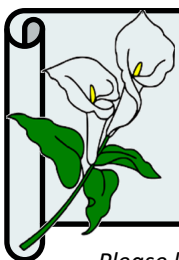
Amendment to previous article on WI Advisers: Preferred telephone contact number for Pam Jago: 01768 88790

AND FROM OUR CLIMATE AMBASSADOR: Anne Baird

Good news - Tetra paks (such as orange juice/long-life milk cartons..) can now be recycled in your household Recycling Bin along with glass, cans & most hard plastics!

Repair cafes - are a great place to save landfill - pop along to Keswick, Penrith, Ulverston .. with all your broken /damaged household items to mend.

Flight Free UK continue their webinars to help everyone holiday locally / afar without harming the planet - check out their details at - www.flightfree.co.uk or on Facebook (Meta) & Sign their petition "Stop airport expansion: halt all airport expansion plans across the UK - Petitions" <https://petition.parliament.uk/petitions/714927>



Gone but not forgotten
We remember
Majorie Sanderson ~ Dean WI

Please let the office know if you want anyone's name entered, but please remember that we need you to have permission from relatives before we can do so.

FEDERATION EVENTS DIARY

This is a summary of our planned events. To help you:

CN issue; Date of the county newsletter which has more detailed information, including the event organiser/lead and their contact details. **Closing Dates** are colour coded: **running out of time/spaces;** **deadline/capacity approaching so need to book ASAP;** **time/spaces available** Code: N/A = Not applicable or none given

Date/Time	Event	CN issue	Venue	Cost	Code	Closing date
July 2025						
19th	Games Day	Jun	Rosley Village Hall CA7 8AU	£12/ team	ACL-GD	4/7/25
August 2025 - No events booked						
Sept 2025						
13th: 10-12	Federation Coffee Morning	N/A	Alston Masonic Hall CA9 3JF	£5	TB-CM3	Just Turn Up
23rd: 10-3pm	Learn to Crochet	June	WI office CA3 0JG	£5	ACL-LC	16/9/25
October 2025						
22nd: 10:30-4:00pm	Annual Council Meeting	Jul/ Aug	Green Hill Hotel, Wigton	TBA	TB-ACM	6/10/25
28th: 1:30-3:30pm	Treasurers Update	Jul/ Aug	WI office CA3 0JG	£5	MS-TU	21/10/25
Nov 2025						
1st: 10-12	Federation Coffee Morning	N/A	Gosforth Public Hall, CA20 1EL	£5	TB-CM4	Just Turn Up
6th: 7pm for 7:30 start	Quiz Nights x 2 locations	Jul/ Aug	Dalston, CA5 7QB Lamplugh, CA14 4SF	£20/ team	EPA-QND EPA-QNL	24/10/25
Dec 2025						
Date - TBA	Carol Service	More details will be given in the next County News				

Special dates Coming up

JULY

Tues 1st - International Joke Day

Weds 30th - International Day of Friendship



A joke to get you started: "Somebody actually complimented me on my driving today. They left a little note, it said 'Parking Fine.'" – Tim Vine

AUGUST

Sat 9th - Book Lovers Day

Mon 11th - Sun 17th - Afternoon Tea Week

Tues 19th - World Photography Day



FEATURED FEDERATION EVENTS

If paying by cheque: Make payable to CCFWI and send to the event lead (unless directed otherwise). Or save postage and **pay by BACS** using the event code as reference **Bank a/c name:** Cumberland Federation of Womens Institutes **A/C no.:** 40185149 **Sort code:** 82 43 03 *Please contact event lead prior to paying to check a place is available, email may be best in case of holidays etc.*

⇒ **Fun & Games Day - 19th July - 10-4pm**

Rosley Village Hall, CA7 8AU, **Event Lead:** Mandy Henderson **Tel:** 078635 50266 or **Email:** cumdivockwi@hotmail.co.uk to book your team in. **Teams of 4 at £12 per team. Deadline for booking:** 4/7/25. All abilities are welcomed. Refreshments will be available to purchase but bring your own lunches.

⇒ **Federation Coffee Morning - Only £5 p/p - Event code: TB-CM3**



Venue: Alston Masonic Hall, CA9 3JF **Sat 13th Sept 2025 - 10am-12 noon**

Come and meet your Trustees, serving delicious home baked scones, traybakes and teas and coffees.

No need to book we just need you to turn up, pay on the day!

⇒ **Learn to Crochet - 23rd Sept 2025 - Event Code: ACL-LTC**

Event Lead: Amanda Ings **Tel:** 07702 068197 or **Email:**

amandacings@gmail.com **Time:** 10-3pm - **Location:** WI Office.

Have you ever wondered what it would be like to crochet? Well join this taster session, aimed at beginners, and find out. Only £5pp including tea/coffees but places limited to 6 so book asap. All you will need is a pair of size 5 crochet hooks and a ball of aran wool.



⇒ **Quiz Nights - Thurs 6th Nov - 2 venues - Dalston or Lamplugh**

Time: 7:00 for 7:30 start **Event Lead:** Mandy Henderson **Tel:** 078635 50266 or **Email:**

cumdivockwi@hotmail.co.uk to book your team in. **Teams of 4 at £20 per team. Deadline**

for booking: 20th Oct 2025 **Event Codes:** Dalston - EPA-QND or Lamplugh - EPA-QNL. Teas and coffees will be provided but bring your own supper... I've heard some of you really put on a spread, with candelabras no less!



FEDERATION EVENT NEWS

⇒ **The NFWI AGM**



For the AGM all delegates were invited to watch it at the WI office in Carlisle. With tea, coffee, various sweet treats and a helping hand when needed (with technology being what it is) the ones who attended found it very helpful and a friendly environment... Here's to the next one in 2026!

FEDERATION EVENT NEWS... Continued

⇒ Blackwork Class

Margaret Pattinson led the class at the WI office in Carlisle. All found it to be helpful and fun... They're already planning their reunion!



⇒ Cumberland Show
Federation sponsored class
'Our Colourful County'.
Congratulations to all those WI's
who took part this year and in
particular to the prize winners:
1st: Dean WI, 2nd : Blackford WI+
3rd: Cumdivock

NEWS AND EVENTS FROM YOUR WI'S

If you want to show us what you've been up to, send a good picture and a few words to the Editors email. If you want to advertise a forthcoming event please drop me a line and I'll see if I can fit it in.

⇒ Kirklington & District WI

Enjoyed meeting Chris Southward, retiring Mayor of Carlisle who gave them a talk and a tour of the Civic Centre.



⇒ Hayton WI



Celebrated their 106th Birthday with a beautiful cake and the UVA Singers led by their member, Jean Postlethwaite.

NEWS AND EVENTS FROM YOUR WI's... Cont'd

⇒ Dalston WI

In May they had a wonderful circle dancing experience with 4 other local WI groups who joined them and joined in they had a lovely supper afterwards too.



⇒ Bootle WI

Celebrated 100 yrs of their WI with a Charleston themed event with Setheria Brass Band, afternoon tea and guests from other nearby WI's. Looks like they had a great time!



⇒ Lazonby WI - Open meeting on Tue 8th July, 7pm, at Lazonby Village Hall.

Abbi Lawson, a contestant on 'The Great British Bake Off' will be doing a bakery demonstration. **Visitors:** £4 with tea and biscuits. **Members only competition:** The Best Victoria Sponge.

⇒ Dean WI - Wonder if you would like to know about this as a possible trip out?

Rosehill Players are presenting 'The Last Memory' at the Rosehill Theatre on 15th (7:30pm) and 16+17th Aug at 2:0pm. For the matinee performances they are offering afternoon tea at £10pp. Your secretary will have the flyer sent out with the County News email.

⇒ Moresby WI

Congratulations to Margaret Hartley, President of Moresby WI, who was awarded a BEM for services to the community in West Cumbria in the King's 2025 Birthday Honours .

SPEAKERS CORNER

Disclaimer: *Some speakers contact us requesting that their details be given to WI's. We would like to point out that we issue them as suggestions and not necessarily recommendations.*

⇒ **LINA MOOKERJEE BEng MA BACP (Senior Accred.) Website: [PRAXIS THERAPY](https://praxistherapy.co.uk)**

Lina believes in the power of women's voices and stories to enrich, educate and enlighten.

Tel: 07727 483096 **Email:** 2making.sense@gmail.com. With over 30 years' practice experience, Lina is an advocate and educator for women, menopause/mid-life and health issues - through her professions as Praxis PPD director, a BACP senior accredited psychotherapist, trainer, published writer, storyteller, podcaster, yoga and mindfulness teacher/trainer, and media commentator (iNews/ITV and BBC TV/Radio 4, World Service). She is also an international speaker on cruise ships, delivering enrichment and entertaining lectures on psychology, social history and culture. Her highly engaging-participative talks include healthy relationships, assertiveness, menopause & mid-life, and living well in later life.

⇒ **MEGAN STEPHENSON - FREE CPR AWARENESS FOR CUMBRIA WI GROUPS**

Email: megan.stephenson@nwas.nhs.uk **Tel:** 07548 947995

part of my role is to improve survival rates of out of hospital cardiac arrests across Cumbria. 80% of out of hospital cardiac arrests occur in the community. I am looking to support all WI groups in Cumbria to support your national WI campaign 'Bystanders can be lifesavers' to increase vital learning of CPR and Defibrillators. Although training is not a requirement to use a defibrillator, I would like to provide FREE CPR and Defibrillator awareness sessions. This is not a certified course but will allow all those who attend to gain the confidence to do CPR and use a defibrillator. The sessions last roughly 1 hour to 1.5 hours dependent on what the group would like and need. Our trainers would come to the WI location and deliver a session on a time and date that suits. To book a session in please call or email.

⇒ **OLD ROPE PRODUCTIONS - PORTABLE LIVE THEATRE - Jason Munn and Sarah Waters**

Email: oldropeproductions@gmail.com **Tel:** 07941 265955 intro rate is just £50 per event

Would you like live theatre brought to you? With over 30 years acting experience combined, Jason Munn and Sarah Waters are proud to introduce their new independent theatre group. Old Rope Productions came about through their love of acting and live performance whilst volunteering at Carlisle Green Room Theatre. They decided to create something that could be taken on the road, and bring the excitement of live theatre to you. We have already had tremendously positive feedback for our debut show, *Couplets*, for Hallbankgate W.I. in May 2025. Our show is completely portable and we can bring it to perform for your W.I. If you would like to book us then email, our introductory rate is just £50 per event.

⇒ **JOHN BARRIE - AWARD WINNING PUBLIC SPEAKER + VOLUNTEER AMBASSADOR FOR EDEN VALLEY HOSPICE + JIGSAW Email:** ianbarrie56@gmail.com **or Tel:** 07590 715622.

Here are a few of the topics I talk on . . . you can choose:

Eden Valley Hospice; How they provide so much more than vital Palliative and End-of-Life

Care; **Thurnams the Printers - A 195-Year History ; Shouting doesn't help the Hearing**

Impaired - This session is not just for those with hearing challenges but for anyone who values perseverance and success. I know because I have suffered for 50+ years. All I ask is a donation to Eden Valley Hospice and Jigsaw. Your secretary will have received a flyer with more details.