

County News

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

TO ALL SECRETARIES - Please distribute accordingly and if any enclosures are missing, please contact the Secretary at WI Office

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Friars Crag, Derwentwater

THE MAIN EVENT

SPRING DABBLE DAY



Event code: ACL-SDD

Date: Sat 22nd March

Time: 10:00-3:00pm

Cost: £25

Last date to book: 22/2/24

Venue: Bothel Village Hall, CA7 2HL

Event Lead details: Kris Longshaw - tel: 07583 737636 or email: kris.longshaw@gmail.com

This is your chance to attend another one of our popular crafty dabble days. Cost includes:

- ◆ Morning Coffee/Tea and biscuits on arrival.
- ◆ Crafty things to have a go at.
- ◆ Homemade Soup and Cakes for lunch.

Apply for a place by email or phone giving your name, any dietary requirements, institute, email and contact phone number. Once I confirm a place is available, you will be able to pay by cheque (made payable to CCFWI) or by BACS quoting the event code. I look forward to hearing from you.

DEADLINE FOR SUBMISSIONS FOR ISSUE 392 - Mar 2025 is: 18th Feb 2025

A LETTER FROM YOUR COUNTY CHAIRMAN



Well, here we are into February and the snowdrops, aconites, crocus and daffodils are getting ready to brighten our lives. Days are getting longer and I am sure some of you have already planned your holidays.

I would like to say 'Welcome to your new look County News! We hope you like the new format, any items for inclusion in future issues should be sent to Lesley at Federation office, thank you.

The Trustees would like to take this opportunity to say **A HUGE THANK YOU** to **Jennifer Baker** who has edited our County News for more years

than we can remember but she has now decided to lay down her pen and take up other duties on the Board of Trustees. Enjoy your "Retirement" Jennifer, we have really appreciated all you have done to keep everyone up to date with what is happening in the Federation.

We are sorry to report that Sue Addyman has decided to step down as a Trustee but will be continuing as a W.I. Advisor. We will miss her input at Board meetings but know that W.I.s will enjoy having her visit them and benefit from her expertise. **Thank you Sue.**

The sub-committees and Board have also been busy planning various events which you can read about elsewhere in this newsletter. Please let us know if there is anything you would like us to organise or help you to organise, all ideas considered!

We look forward to meeting some of you at our next Coffee Morning at IVEGILL on Saturday 29th March.

N.F.W.I. ANNUAL MEETING 4th June 2025

As you will be aware this year's Annual Meeting is to be on Zoom so your Trustees are endeavouring to find 3 or 4 venues in which to hold Watch Parties so that we can all have the opportunity of watching the event together. Once we have sourced suitable venues, we will let you know where they are so you can plan to attend that which is nearest to you.

Lesley has emailed the relevant WI's for names of their link delegates, please respond asap if not already done so. **Please note:** *Those who are delegates will need to take their lap-top or iPad so they can vote when required to do so.*

The speakers this year are Emma Bridgwater and Angel Strawbridge.

I do hope you will make the most of this opportunity to get together and share thoughts on the Resolutions and speakers. Watch this space!

OTHER NEWS FROM THE BOARD OF TRUSTEES

- ⇒ **2026 CALENDAR:** The closing date for photos of "**Tourist Attractions**" to be sent to the office is now extended to **Thursday February 6th**. All photos, digital or hard copy should be 7" x 5" landscape format. Digital format is preferred but if posting copies then please mark your envelope **2026 Calendar** and enclose a stamped addressed envelope if you would like your photos returned... Please remember to include your name and WI.
- ⇒ **CCFWI AGM 2025:** This will be on Weds 22nd Oct. To give you time to think or prepare this years Chairmans Challenge is '**Anything C**'. We've taken comments from last year on board and there will be more time set aside for viewing and voting on items.
- ⇒ **INTERNATIONAL WOMENS DAY:** This is the 8th March. We thought we had an event lined up but this has been cancelled. Please let us know what events you have held, or are going to hold, and we'll do something about them in our next issue.



NEWS FROM YOUR SUB-COMMITTEES



ARTS, CRAFTS & LEISURE (A,C+L) - Chairman: Mandy Henderson

Happy New Year everyone! New year, new events to look forward to!

- ◆ More details in this County News Letter regarding our Easter Dabble Day (save your odd socks)
- ◆ Keep an eye out for more about our Thursford Trip, being planned for this November.
- ◆ Get those Darts sharpened for the Team Darts competition starting 24th March with the final on Fri 25th April – A big thank you to all involved in arranging and hosting the matches.
- ◆ More information about “Black work” Classes in June.

This is just the start of the year! Do please support these events as they are arranged for you, our members. I look forward to seeing you at some of them.

EDUCATION & PUBLIC AFFAIRS (E+PA) - Chairman: Jennifer Baker

Please watch this space for details of a proposed meeting in the Spring to discuss "Dental Health Matters", as plans are put in place. Anyone wishing to lobby their local MP for support on this subject can download a helpful template, and other information, from NFWI.

<https://mywi.thewi.org.uk/public-affairs-and-campaigns/current-campaigns/dental-health-matters>

MEMBERSHIP SUPPORT (MS) - Chairman: Dawn Eyre

- ◆ **Programme Secretaries Socials - event code:** MS-PSS1
- ◆ **Cost:** £5/pp to be paid by your WI on the night
- ◆ **Event lead:** Dawn Eyre - **To book your place** Tel: 016973 61851 or email: deyre67@gmail.com. This is a social night with drinks and nibbles that will give programme secretaries a chance to share speaker information (good and bad!!) with other secretaries around the County. So get ready to share! Our first one will be at **WI office** in Carlisle, CA3 0JG on **9/4/25 7pm-9pm** but there will also be venues in other areas, so watch out for further details on those.

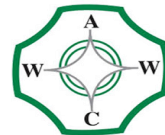


AND FROM OUR CLIMATE AMBASSADOR: Anne Baird

The Green heart squares sent in last year have been sewn into a lovely Banner - thanks to Sue Hinde from Thirlmere WI.

If your WI would like to display this at your 'Show The Love' / Green Heart event, please get in touch at anne.b@live.co.uk

FEATURED FEDERATION EVENTS



⇒ ACWW: Associated Country Women of the World

Pennies for Friendship - Event code: EPA-PFF

All WI's have very generously supported our sister organisation, ACWW, by donating funds to them. This used to be called 'Pennies for Friendship' and an envelope was included in the mailings your secretary received and cheques came back to WI House. Usually around £1000 was donated this way. This has not happened this year so please can I ask all WI's to send a donation in to WI House before the end of April.

Women Walk the World Day - Event Code: EPA-ACW

As a Federation we take part in **Women Walk the World Day**. Last year 107 ladies walked at Silloth and £800 was raised and donated to ACWW. This year Thirlmere WI are hosting our walk and this will be a flat linear walk with a maximum distance of about 5 miles walking alongside Thirlmere.

Date: Tuesday 29th April 2025 **Start Location:** Recreational Hall

Parking: Yes, at the Recreational Hall, but please car share.

Start: Meet from 10am. Register your arrival, **pay your £5** for your filled roll lunch and buy a coffee and traybake before you start. From 10:30, with your route description in hand you can set off.

EVERYONE is welcome, friends, partners, as this is a fund-raising event the more the merrier.

As always, any dogs must be kept on their leads the whole time. There are bins along the route where poo bags can be deposited!!

Booking details: Pay on the day

For catering and H&S requirements you need to register for this event see lead contact details.

Deadline: 17th April **Lead Contact Details:** Trish Dunant.

To book your place text a message to 07977416961 giving your name and WI or drop an email to trishdunant@googlemail.com.

⇒ Trip to Thursford Christmas Spectacular 2025 (ACL-TCS)

This is being planned for November and will include a 3 night stay in Great Yarmouth, a day trip to Norwich and tickets for a matinee performance for the Thursford Christmas Spectacular. More details, and how to book your place will follow in the March County News.



⇒ Federation Coffee Morning - Only £5 p/p (TB-CM1)



Being held at Ivegill - CA4 0PA - Sat 29/3/25 - 10am-12 noon

Your Board of Trustees will be preparing, at their own expense, and serving delicious home baked scones, traybakes and teas and coffees. We use these events as a federation fundraiser and for you to get to know your Trustees so please support us. No need to book we just need you to turn up!

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	Event Code	Closing date
March 2025						
29 th : 10-12pm	Federation Coffee Morning	Feb	Ivegill Village Hall	£5	TB-CM1	Just turn up
22 nd : 10-3pm	Spring Dabble Day	Feb	Bothel Village Hall, CA7 2HL	£25	ACL-SDD	22/2/24
24th/25th/31st-7:30pm	Darts Competition - Heats		Various		ACL-DT	Closed to entrants
April 2025						
9th: 7-9pm	Programmes secretary social	Feb	WI Office, CA3 0JG	£5	MS-PSS1	9/3/25
25 th : 7:30pm	Darts Competition – Final		Wigton Bowling Club		ACL-DT	Closed to entrants
29 th : 10am start	ACWW walk	Feb	Thirlmere	£5	EPA-ACW	17/4/25

... and keep a watch out for more information on these

Date/Time	Event	Venue	Cost
June 4 th	NFWI AGM – Watch Parties	Various - TBC	TBC
June 7 th	Federation Coffee Morning	Longtown	£5
June	Blackwork Class	TBC	TBC
July	Games Day	TBC	TBC
Sept 13 th	Federation Coffee Morning	Alston	£5
Sept	Learn to Crochet	TBC	TBC
Oct 22nd	CCFWI - ACM	Greenhill Hotel	TBC
Nov	Thursford Christmas Spectacular	3nts	TBC

BACS PAYMENTS

We already allow this for payments for office items and we are now going to try using this method for booking trips and events. This is the preferred way going forward but don't worry, we will still be accepting cheques for those without online banking or who just prefer to do it that way. All trips and events will be given an event code which you will need to use as the reference, this helps us sort out the many payments coming in.

Please always read the event article, or the forms coming out from the office, so you know who the event lead is, where/how to pay or apply for places/tickets and what reference to use.

Bank a/c name: Cumberland Federation of Womens Institutes

A/C no. 40185149 **Sort code:** 82 43 03

Reference: Use the form code or event code supplied.

NEWS AND EVENTS FROM YOUR WI'S

⇒ Stoneraise, Wreay and District

Coffee Morning and Table Top Sale -

All Welcome - Sat 12th April at Wreay Village hall, 10:00-12 noon. If you would like to book a table please contact Sally Threlkeld - 07751 022170 or sallythrelkeld1@gmail.com



⇒ Warwick Bridge



January meal at the Howard Arms at Brampton on Tuesday 14/1. Great venue and food serve by the Hotel. Plus a good chance to catch up with members.

⇒ Cleator



Mary and Violet meeting Josh MacAllister MP



Josh MacAllister MP · Follow
23 Dec 2024 · 🌐

It was lovely to meet Mary and Violet from Cleator Women's Institute to discuss NHS dentistry.

The WI are running a national campaign to improve NHS dental services and I'm very pleased to support it. We simply don't have enough NHS dentists. It's something the government are looking at as part of the NHS Ten Year Plan that will be published next summer and I'm determined to improve access to NHS dentistry in West Cumbria as part of that.

Thanks to Marie for the handmade figures too - they'll be on display in my office in Parliament in the new year!

⇒ Lazonby



Soup Day – All Welcome - Lazonby Village Hall - Tues 18th March 2025 – 12:00-2:00pm : Soup £4 to eat in - Take away £1.50 and tea, coffee and biscuits

Open Meeting - All Welcome (Men too!) - Lazonby Village Hall - Tues 11th March at 2pm - Keith Scobie-Young Of Cumbria Clocks - Manufacture and repair of clocks, including Big Ben, Raffle, Tea and biscuits.

⇒ Moresby



Mrs Avril Done being presented with the Millennium Plate by Mrs Kathleen Bowron for winning their Annual Competition at their Annual Christmas Celebration. Avril won the most points in their Monthly Competition over the last year.



Five members of Moresby Women's Institute were presented with their Long Service Certificates by Mrs Kathleen Bowron, Chairman of our Federation at their Annual Christmas Lunch Celebration.

Left to right:- Avril Done, Jean Moore, Kathleen Bowron, Irene Carruthers, Anne Sayle and Betty Stamper.

theWI LEARNING HUB

they are all free. Check it out to see the courses you can join <https://learninghub.thewi.org.uk/>

Did you know

... The Learning Hub along with the 10 WI Life magazines you receive each year are part of your entitlement from your annual subscription.

Just highlighting this as some don't know it's there and there's such a wide range of courses and workshops open to you and



REMINDERS FROM THE OFFICE

- ◆ **WI bulk Insurance** - For those who haven't paid yet please send in your form and payments asap.
- ◆ **2025 Calendars** - We still have a few for sale. Please collect from the office before they all disappear- If you need them posted phone the office for an idea of P+P costs.

- ◆ **2025 Resolutions - Deadline 9th Feb**
 - ⇒ 1. Let's talk about incontinence
 - ⇒ 2. Bystanders can be lifesavers
 - ⇒ 3. Join the repair revolution
 - ⇒ 4. Eliminate landfill of medication packaging

Time is running out to make your votes count. Please get your votes for the above resolutions into the Federation office, here's how to let us know your selections:

- On the form included within WI Life, or a photocopy of the form
- A representative from your WI (such as the Secretary) can provide the total selections for each resolution by phone, post or email.

Your Federation needs to get the votes compiled and into NFWI by 16/2/25 so please get them into the Federation office by 9/2/25

REQUESTS FOR YOUR HELP

Quizzical Walks

- ◆ Education & Public Affairs committee would like to arrange a 'Quizzical Walk' but would like some suggestions/recommendations please. **Contact:** Jennifer Baker - tel: 01768 881653 / email: tonybakerdevelopments@gmail.com



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.

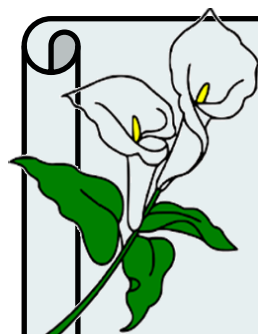


⇒ **JOHN LITTLE** - john.little21@yahoo.com Cumbrian author who has written a number of self-published books based on the history of Cumbria. These have taken the form of both fiction and non-fiction, and I give talks on my work to any groups or institutions that may find them of interest. I do not charge for talks, though I do ask for some petrol money. Any admission fees are kept by the group I am speaking for. It can be a useful fund-raiser. I do ask for a table so that my wife may sell some books to any who might want them. If you might be interested in having such a talk then please let me know. In the last year or so I have given talks to many women's groups, including several WI's across the north of the county- and am generally ready to step in as emergency speaker if needed. Check out his Amazon Author page: [John Little: books, biography, latest update](#)

⇒ **ROS DOWNING** - ros@langside.org.uk /017687-76471

Ros has two (very different) new talks for 2025:

- * **The Pre-Raphaelite Brotherhood** - a look at some of the paintings by this group of mid-Victorian artists and their associates, highlighting what was distinctive about their style, subject matter, and technique.
- * **Snap! Crackle! Pop! A History of Breakfast Cereals** - a light-hearted look at the intriguing and sometimes surprising stories of how some famous brands arrived on our supermarket shelves.



Gone but not forgotten

We remember

Lorna Hogg ~ Irthington 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.