

Issue no: 395- June 2025

County News

Image: Hutton in the Forest

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; 2026 NFWI Diaries order form;

Flyer for Trustees/Committee member nominations

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

Changes to Office Hours:

4/6/25-NFWI AGM no office cover
W/c 7/7/25 = office will be closed

SUBS 2025/26 -

Subs for some WI's are still outstanding. Please send **ASAP** to:
Ann Kirkpatrick - contact details in last months News letter or your Secretaries Yearbook.

THE MAIN EVENT

"Fun & Games Day" - 19th July -

10am - 4pm(ish) Event code: ACL-GD

Location: Rosley Village Hall **Postcode:** CA7 8AU

Remember your junior school sports day? Well this is a day to remember some of those events and for getting together and having a laugh.

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.

A lot of people have shared their fond memories of our previous Games/Sports day and the fun they had so book now for a great day out!

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DEADLINE FOR SUBMISSIONS FOR ISSUE no. 396 - 18th June - Double edition Jul/Aug

A LETTER FROM YOUR COUNTY CHAIRMAN

Dear Members

Haven't we had a glorious month I hope you have been able to enjoy all the activities you have arranged. Our local VE 80 Celebration Day was just perfect and everyone had great fun. I had the pleasure of attending a Coffee Morning at Scotby W.I. where it was lovely to meet members from Scotby and Parkland. My husband was particularly successful on the Tombola Stall! You will see further on in this newsletter that your Board of Trustees is due for election in October and it would be wonderful if we could have some new, younger blood so please think about how you could contribute to the future of Cumbria Cumberland Federation. Any current Trustee would be very happy to answer any queries. I personally have enjoyed every minute of my time on the Board with the wonderful opportunities it has given me and as they say, "*Je ne regret rien*". Kathleen Bowron



OTHER NEWS FROM THE BOARD OF TRUSTEES

⇒ *Change to dual issue of the county news*

The Board of Trustees have changed their holiday month from August to July. This means that the summer two-month issue will be for July + August, with a deadline for copy submissions on 19th June for the July/August copy and then 19th August for the September issue.

⇒ *A plea to all secretaries*

We really need to reach all our members with news of our events. There is little point in us creating events for members if the information is not passed to them. 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.

⇒ *Looking for trustees/committee members -*



Please see the flyer that was distributed with the County News.

- ◆ Nominations for new Board of Trustees members. Nominations need to be in by 1/9/25 ready for starting in October after the ACM.
- ◆ We also need new members on our sub-committees, so if you feel you can contribute your skills to the wider WI please get in touch.

Anyone interested please contact any of the **current Trustees** (details in the yearbook) or **Lesley** at WI. Office, usual contact details.

⇒ *NFWI 2026 Diaries*

Your secretary has been sent out an order form for your WI. Orders to be received in the office by 14th July 2026

⇒ *Federation Coffee Morning - Only £5 p/p - Event code: TB-CM2*

Being held at Longtown Community Centre - CA6 5SD -

Sat 7/6/25 - 10am-12 noon - 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!



NEWS FROM YOUR SUB-COMMITTEES

ARTS, CRAFTS & LEISURE - Chairman: Mandy Henderson

Well we have had some fantastic events recently. Dabble day, darts, target shooting all very successful. As you will see we have a 'Fun & Games' day on 19th July... great fun for all and not too taxing! If you've never tried crochet or it's been a while, we have a beginners 'taster' class on in September. More info in this country news. We look forward to seeing some of you soon. **Ps** We've extended the deadline for the Thursford trip deposit/booking till the end of June so it's not too late to sign up.

EDUCATION & PUBLIC AFFAIRS - Chairman: Jennifer Baker

We had a very informative talk at WI house on 'Dental Health Matters' which everyone seemed to find interesting. Please see the details for our Quizzical walk at Cockermouth - this is now available for you to just turn up and pay on the day and a big well done to all the walkers on the ACWW Walk, a fantastic effort to raise £700!

MEMBERSHIP SUPPORT - Chairman: Dawn Eyre

We held the second Programme Secretaries social event at Lamplugh on the 9th of May and were very pleased with the turnout. 9 WIs sent representatives and three advisers also attended. We had a productive evening and all the members entered with enthusiasm in exchanging speakers' information (good and bad) and swapping ideas for meetings without funding a speaker (good for WIs with a small membership).

Hopefully we will be making these "get togethers" an annual event with separate ones for Presidents, Secretaries and Treasurers. **Keep the date:** A 'Treasurers Update' will be held at WI Office on Tues 28th October – 1:30-3:30pm.

WI Advisers - Please note that an error was made in last months County News. Please see correct info below:

We are a team of five advisers and would love to welcome anyone who feels they would like to help and advise their WI friends. The training is now totally on line and isn't too time consuming or difficult. If you would like to know more please get in touch with one of us.

Dawn Eyre	016973 61851	Jennifer Baker	01768 881653
Susan Graves	01768 881356	Pam Jago	07950 042605
Sue Addyman	01946 861190		

AND FROM OUR CLIMATE AMBASSADOR: Anne Baird

'For the Earth to Live' is a thought provoking read by Keswick Historian & Climate Activist, Allan Todd. An intelligent & well researched argument that sets out the failings of our current political & social systems and suggests better ways forward - that might just slow/halt/reverse the Climate mess we are in & social challenges of our day.

Available from local bookshops & online. Well worth a read!

FEATURED FEDEERATION EVENTS + NEWS

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.*

⇒ **Quizzical Walk - 21st June 2025 - Event Code: EPA-QW**

Just turn up and pay on the day



Event lead: Kris Longshaw **Tel:** 07583 737636 **Email:** kris.longshaw@gmail.com

Times: 2pm - 4pm **Cost:** £5pp **Start and Finish at:** All Saints' Church (the one with the spire), Cockermouth, CA13 9PJ. Enjoy a Midsummer Stroll around the alleyways and back streets of beautiful Cockermouth, keeping body and mind active in this Quizzical Walk. Refreshments will be available.

⇒ **Thursford Christmas Spectacular - Event Code: ACL-TCS**

Deadline to book and for deposits extended to 30th June 2025

Date: 18th – 21st Nov 2025 **Cost:** £425 pp - **Deposit:** £75 **Balance:** £350 by 15/8/25

Booking form: Available from event lead: **Mandy Henderson** and will need to be completed -**Tel:** 078635 50266 or **Email:** mandyH.WITrustee@outlook.com

This trip is open to all WI members and their family and friends. Places are on a first come first served basis. Check out more about this event on our website: <https://cumbria-cumberland.thewi.org.uk/calendar>

Please note: this event may need to be cancelled if we can't get the numbers, so if you want to come please let us know asap.

⇒ **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.



⇒ **'Bystanders can be Lifesavers' - Tel:** 07912250755 **Email:** Dee.monk@me.com

Dee Monk is offering a speaker opportunity in line with this years NFWI Resolution. Dee is a member of the Alston WI and experienced in teaching Cardio-Pulmonary Resuscitation (CPR) and use of defibrillation and would like to offer her services to provide a training programme that will give WI members the relevant and appropriate knowledge, and the skills to perform effective CPR in order that they can pass on this information confidently to the public. She has all the necessary equipment to ensure quality and standards in the delivering the programme. There will also be an accompanying booklet with all the information required. Call her for a chat and to arrange something for your WI

FEDERATION EVENTS NEWS

⇒ ACWW Walk -Sunshine on Thirlmere on Tues 29th April

THANK YOU to the 89 walkers, from 18 of our WI's, who took part in our 'Women Walk the World Event'. The weather was beautiful so we could take full advantage of the spectacular views around Thirlmere. Thank you to our hosts, Thirlmere WI, the quickest roll makers in the business!! They also provided masses of tray bake to buy and a luxurious hamper as the First Prize for the raffle. Thank you to the Trustees for again giving up their time to support this event. Thank you to Cranston's, Tesco and Pioneer for the free of charge or discounted foodstuffs and raffle prizes. Thank you to everyone else for contributing to this event. So what did you achieve ... £700, to be sent off to ACWW! Thank you on behalf of the women overseas who will benefit from this donation. You know the date it's always the 29th April, and in 2026 Embleton WI are going to be our hosts, see you there. Trish Dunant

P.S. I can come and speak about the walk and ACWW if you have a gap in your program.



Waiting for the rush!

⇒ Target Shooting May 2025

We had a brilliant fun day at Gardners Guns. Twelve WI ladies had a go, some for the first time. Numbers are limited to 15 so if you want to try it next time please apply early to guarantee your place.

- ♦ **Winner:** Louise Hetherington, Woodland & District WI – a very experienced shooter.
- ♦ **2nd:** Jen Holden, Irthington WI - a first timer and only 11 points behind!
- ♦ **3rd:** Angie Wareing, Hallbankgate WI.

Well done everyone and thank you to Ilene for organising the event, Ann for supporting her on the day with refreshments, trustees for supplying cakes and traybakes and especially the club volunteers who looked after us all.



Good job it wasn't Duck Shooting!



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
June 2025						
4th	NFWI AGM Watch Party-Delegates only	N/A	WI office CA3 0JG	£0	N/A	N/A
5th+19th	Blackwork Classes	Apr	WI Office CA3 0JG	£20	ACL-BWC	Booked up
7th: 10-12	Federation Coffee Morning	May	Longtown, CA6 5SD	£5	TB-CM2	Just Turn Up
21st: 2-4pm	Quizzical Walk in Cockermouth	May	All Saints Church, CA13 9PJ	£5	EPA-QW	Just Turn Up
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:AM	Annual Council Meeting	Jul/ Aug	Green Hill Hotel, Wigton	TBA	TB-ACM	TBA
Misc items with booking dates						
18th-21st Nov	Thursford Christmas Spectacular	Mar	Great Yarmouth	£425	ACL-TCS	30/6/25 for deposit £75

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

Date/Time	Event	Venue	Cost
Oct - TBA	Craft & Quilting Show - withdrawn	Glasgow	TBA
Oct 28th	Treasurers Update	WI Office	£5
Nov 1st	Federation Coffee Morning	Gosforth	£5
Nov 6th	Quiz nights at Lamplugh and Dalston	TBA	TBA
Dec - TBA	Carol Service	TBA	



Special dates in June

Mon 2 - Sun 8 - Volunteers Week
Sun 8 - World Ocean Day
Sat 7 - Sun 15 - The Big Green Week
Sat 21 - International Day of Yoga



NEWS 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. Or If you want to advertise a forthcoming event please drop me a line and I'll see if I can fit it in.

- ⇒ **Kirkandrews on Eden WI**
Enjoyed an afternoon tea at Craggs Cafe, Bothel... and very tasty it was too!



- ⇒ **Warwick Bridge WI**
105th birthday - Alison our president made this delicious cake to enjoy after a fascinating talk by Ros Downing on a Pictorial Journey through Cumbrian history.



Linstock WI -

Had a very interesting open meeting in May with a flower demonstration by Katie Byers from 'The Bloem'



FORTHCOMING EVENTS AT YOUR WI'S

- ⇒ **Lazonby WI** - Are having an 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.

OPPORTUNITIES

- ⇒ **Welfare response: setting up of Emergency Assistance Centres (EAC)**
Nik Schickhoff - **Tel:** 07775 548030 **Email:** emergency.planning@cumbria.gov.uk for further info/queries. Exercise Sanctuary will be an exercise taking place at two locations simultaneously to simulate the welfare response through the setting up of Emergency Assistance Centres (EAC) by the local authorities in Cumbria. It will take place on Wednesday 2nd July 2025 at the Carnegie Theatre, Workington and at the Rugby Union Club, Penrith - and will run from 10am until 12.30pm. We are inviting volunteers to support the exercise acting as 'evacuees' (pretending to be evacuated from their home and needing support/accommodation). Brews and lunch provided.
Link to sign up: [Exercise Sanctuary Signup](#)

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.

⇒ JOEANNE HEARSEY - JOE'S FUN FITNESS CLASSES

TEL: 07701 057288 or **Email:** jotrotster@gmail.com - I run fun, fitness classes plus music and movement for 50+ ladies. Fun Fitness classes 50 Plus Music and Movement and I would like to offer you all a free 30-minute fun fitness session. We warm up, stretch off and dance our way through fantastic old songs. Elvis the Bee Gees and Cliff Richard to name a few. As we age it becomes even more important for our physical and mental health to keep moving and socialising. Regular exercise will increase strength and flexibility and it will also improve balance and coordination reducing the risk of falls. Just because we age it doesn't mean we should stop exercising. We just need to find the right level and my classes offer you exactly that.

⇒ JACKIE WATSON - NOVEL WRITING - www.jackiewatsonwrites.com

Tel: 07790 373757 or **Email:** jackie@jackiewatsonwrites.com - It's never too late to follow your dreams! Ever wanted to write a novel? Ever wondered how authors juggle writing with their day-to-day lives? Want to know what it takes to transform ideas in your head into a great story available from bookshops and beyond? If so, get in touch with me. I'm northern novelist Jackie Watson and I'd love to come along to chat and inspire you about the world of books. And discover my own tale of how a recurring dream grew into the Apokeri Bay series.

⇒ JENNIE BATESON - EXPLORE YOGA (£50 fee) - **TEL:** 07980752606 or **email:** batesonjennie@hotmail.com

Are you sitting comfortably?
No... well then, maybe this is for you. An hour long introduction to breathing practices and seated yoga. You only have one body - and if you and your members want to give yourselves some care and attention - call me. Yoga is not a cure all - but it can help you create a system for noticing things about yourself and how you move, feel and behave. This could be the first step towards creating positive change, maybe dealing with the stiff neck, aching back or sore knees. With movement and breathing techniques I will also try and help you to quieten the mental chatter of your mind and find a sense of calm. Please get in touch with any questions or for more details.

⇒ ANTHONY PAYNE - Various Talks - **Tel:** 07355 056126 or **Email:** payne.croeso@btinternet.com

Fee per talk is £50, plus contribution to petrol if round trip is over 30 miles - a retired schoolmaster living in St Bees with several talks to choose from: **Travel** - Bhutan - Land of the Thunder Dragon; Colours and Contrasts of Southern India; The Road to Morocco; Vietnam and Cambodia; and "Namibia - between Namib and Kalahari. **History:** A day in the month (interesting things that happened in the month of the talk); 1925-Who do I think I am? A look at the last 200 years of English social history through the prism of my family tree; **Art:** Portraits through the ages; J.C.Leyendecker and the golden age of American magazine illustration.

... Contact details again from last months speakers corner

- ⇒ **WISH TOOBY** - 'MOVE IT OR LOSE IT' **Website:** <https://www.moveitorloseit.co.uk/>
Tel: 07972167874 or **email:** mish.tooby@moveitorloseit.co.uk
- ⇒ **ADRIAN TAYLER** - **Tel:** 01539 564030 / 07760 757339 or **email:** aptayler@gmail.com