Issue no. 408 - Oct 2026

County News



Image: Halloween Pumpkins

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: Oct-Dec Subs return form; County News order form

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

Office Cover: Oct

14th - No office cover (ACM)

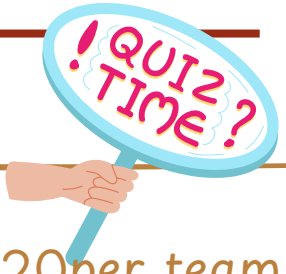
15th - Phone to check before visiting

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THE MAIN EVENT



Our Annual Quiz Nights, Dalston & Lamplugh - £20per team

Event Code: QND or QNL **Date:** Thurs 22nd Oct
Start time: 7:00pm
Venues: Lamplugh Village Hall, CA14 4SF **or** Dalston Victory Hall, CA5 7QB
Pay by: BACS or by cheque
Closing date: Extended to 14th October
Event Lead: Mandy Henderson, Gill Farm, The Gill, Dalston, Carlisle, CA5 7JP **Tel:** 07863 550266
Email: mandyh.witrustee@outlook.com

Our annual event. Teams of 4. Please state which venue when booking. Teas and Coffees will be provided but bring along your own nibbles/supper.



Get your teams booked now!

DEADLINE FOR SUBMISSIONS FOR NOV ISSUE no. 409: 16th Oct

A LETTER FROM YOUR COUNTY CHAIRMAN



I hope you have all enjoyed the wonderful summer with which we have been blessed this year. The nights are cutting in ever faster each week but there is a lot to look forward to during the autumn months.
Our Annual Council meeting at the Greenhill Hotel takes place on 14th October and we hope we will see delegates there from every W.I. in the Federation. We think we have planned a very interesting day and look forward to sharing it with you.
What a great morning we had in Bigrigg Hall at the Federation Coffee Morning. There was a real buzz around the place. It was really good to see members from almost all the W.I.s from around the county. All the Trustees felt it had been worthwhile leaving home early in the morning! The next one is on Saturday 7th November at Seascale, see you there.

Kathleen



We have winners!

We had the 3rd drawing of our 200 Club at our Federation Coffee Morning on 13th Sept:

- **1st Prize: £90 -** **No. 86 - Rosley WI**
- **2nd Prize: £50 -** **No. 104 - M Wharton, Ivegill WI**
- **3rd Prize: £30 -** **No. 81 - Carol Money, Moresby WI**
- **4th Prize: £20 -** **No. 38 - Eleanor Graham, Woodend WI**



PUZZLE TIME

Halloween Word Search

Word List

See if you can find the Halloween related words in our word search.

Bat	Evil	Nightmare
Beast	Fangs	Orange
Chilling	Fantasy	Party
Clown	Frighten	Scare
Cobweb	Halloween	Spiderweb
Dark	Haunt	Zombie
Demon	Moonlight	



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c	b	f	a	n	t	a	s	y	e	f	l	i	t	e	s	e	p	a	i
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NEWS FROM YOUR SUB-COMMITTEES

Nothing much to report but in the planning stages for 2027... so far!



March: Indoor Games Night - going back to your childhood in a competition teams format: Jigsaws; Connect 4 and many other games to bring those memories and fun flooding back.

April: Rescheduled Afternoon tea and film

July: Day trip to Lanark Heritage Centre

November: A Xmas Dabble Day - our much loved dabble day is back with a Xmas theme. You get the chance to choose several crafts to have a go at.

Along with socials for various positions in your WI's.

FROM OUR CLIMATE AMBASSADOR: Anne Baird

Big Toy Swap https://nocrapparties.org/thebigtoyswap/ is a good reuse/recycle opportunity - why not see if there is a local repair cafe/green group/ mums & toddlers you can collaborate with to save £££ & reduce landfill.

"Get prepared for emergencies - Prepare https://prepare.campaign.gov.uk/get-prepared-for-emergencies/ I've included this link as advice for emergencies as this is thought current best practice in preparation for any weather / supply/ communication/ adverse events.

FEDERATION EVENTS DIARY

Date/Time	Event	Venue	Cost	Code	Closing Date
Oct 2026					
Weds 14th	CCF AGM	Greenhill Hotel	£10 non-delegates	BT-AGM	2nd Oct
Thurs 22nd	Annual Quiz Night	Dalston + Lamplugh	£20 team	QND or QNL	14th Oct
Nov 2026					
Sat 7th	Federation Coffee Morning	Seascale	£5	TB-CM5	Just turn up
Sat 28th	Committee Cuppa and Craic	The Edge, **CA28 7LY**	£1	MS-CCC	Phone Sue
Dec 2026					
Dec 5th	Carol Service	Arthuret Church, Longtown	Donation	TB-CS	Just turn up





Special dates in November



9th - British Pudding Day

11th - Remembrance Day

13th - World Kindness Day

27th - Buy nothing day



In e-formats: Click on the links and see how you can get inolved

FEATURED FEDERATION EVENTS & NEWS

Payments for events: Make cheques 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.

Federation Coffee Morning - £5pp

Date: Sat 7th Nov

Time: 10am to 12noon

Venue: Seascale Methodist Hall, CA20 1PU



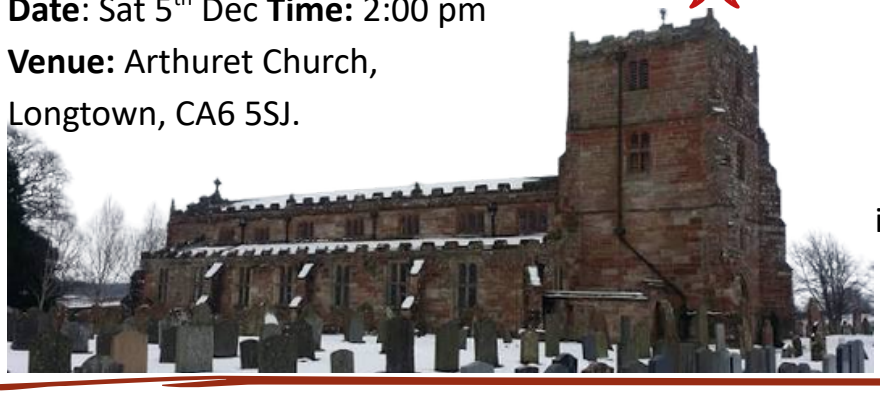
No need to book we just need you to turn up!

Come and enjoy delicious home baked scones, tray bakes and teas and coffees, prepared and served by your Board of Trustees. We use these events as Federation fundraisers and for you to get to know your Trustees so please support us.

Carol Service

Date: Sat 5th Dec **Time:** 2:00 pm

Venue: Arthuret Church, Longtown, CA6 5SJ.





Please come and support this event, it's a lovely way to finish off the year. Light refreshments will be available.

No need to book - Just turn up.

Kris Longshaw (Trustee and Cockermouth WI)

We have just delivered 30 more baby bundles to the community midwives. These have now reached around 300 packs since we started. This couldn't have been achieved without our wonderful knitters and crocheters crafting the blankets, garments and cuddly toys. So a big thank you to you.





Bootle + Santon Bridge WI



Thank you from Ravenglass Railway Museum - 'Great Victoria Sponge-off'

Well done to Tracey Long (Bootle WI) and Gillian Temple (Santon Bridge WI) who volunteered their services as judges, along with local cake maker, Carrie Marie Ryce (Carrie's Bakes). They did an extremely detailed and considered judging of the cakes that had entered into the competition. We extend a huge thanks to them for being part of our event, raising funds for the Ravenglass Railway Museum.

Lamplugh WI

Lamplugh WI yesterday had a very successful day at Ennerdale Show where they had a marquee for the first time. The marquee was full of delicious cake , rum butter , home grown plants , a tombola and display boards promoting The WI.

£520 was raised which Lamplugh WI will donate to local charities.

It was a success also for members in The Industrial Tent with Pamela Murray winning a trophy along with 2 other generations of her family. Frances Irving also won a trophy for best craft item .

Pamela Murray and Sue Addyman even had an attempt at Cumberland Wrestling .

All in all a very successful day for Lamplugh WI .







Hallbankgate WI

Had a great fun creative evening making pipecleaner lillies with Amanda from Langwathby and Edenhall WI





Warwick Bridge WI

At our September meeting members wore purple/lavender(the shade of the Suffragettes) to represent 111 years of the WI. We invited Rachel Adams Guide Dogs who is the Programme Leader for Cumbria Puppy Raisers, guests from Lowry Hill WI and friends. Members brought along a bring and share supper and organised a produce table sale and raffle.

3 WI standing side by side - 1+1+1=111 yrs of celebrating our movement.





Guide dog volunteers and dogs in training in Cumbria

Bassenthwaite WI



We're having a Coffee Morning on Wednesday 28th October 10 am to 12 noon
Methodist Chapel, Bassenthwaite village
Coffee or Tea and home-made biscuits £3; Produce Stall; Raffle
Everyone welcome. Hope to see you there.



Kirkandrews on Eden WI

We're holding a pop-up Christmas Shop in Beaumont Parish Hall, Kirkandrews on Eden CA5 6DX on Saturday 31st October 10.am until 3pm. Light refreshments will be available (coffee and scones, soup and rolls and tea and mince pies)

Everyone is welcome to our newly refurbished hall.



SPEAKERS / VISIT IDEAS CORNER

ROS DOWNING - The Devil's Porridge, The Carlisle Experiment, and Harry Redfern

Contact: Ros **Tel:** 017687-76471 **Email:** ros@langside.org.uk

Fee: All my talks are done in aid of Hospice at Home so a fee of £50 is requested for this very worthwhile cause. It's the story of when, why, and how the pubs in Carlisle and district were nationalised. Afternoon talks - any time of year. Evening talks - summer months only, as night driving now being avoided!

DONNA LUND - Impacts of Trauma

Contact: Donna **Tel:** 07747003224 **Email:** dlundtraumaspecialist@gmail.com

Fee: £free - just mileage I charge 45p per mile for 20 miles outside of Carlisle.

I am an accredited facilitator in delivering courses and talks on the Impact of Trauma, as well as courses on Domestic Abuse. I have worked in education for the last 20 years but have decided to go it alone. I would love to deliver a talk on what I do (free of charge) to your wonderful ladies. If there was an interest in me delivering courses, then I can support with grant applications.

JACKIE BLACKLOCK - Cumbria Community Foundation **Fee:** £ free

Contact info: Tel: 01900 512492 (08:00-16:00 Mon-Fri) **Email:** jackie@cumbriafoundation.org

Cumbria is a great place to live, work and raise a family, but many communities continue to face significant challenges, including poverty, poor health, isolation and limited opportunities.

For more than a quarter of a century, Cumbria Community Foundation (CCF) has been working to counter the county's most difficult problems through targeted, expert grant making. We've invested more than £75 million into communities across Cumbria, distributing grants to over 500 community projects, helping local people and organisations create lasting change.

Learn more about your local, independent community foundation and how we connect people who care with causes that matter.

DEB CHAMBERS - Stronger for Longer

Contact info: Tel: 07925 535586 **Email:** debjchambers@mail.com

Fee: £travel costs

Deb is a Pilates teacher and wellbeing facilitator based in the beautiful Eden Valley, Cumbria. Through Pilates, movement, strength training and practical wellbeing strategies, Deb helps people improve strength, mobility, balance and confidence so that they can continue enjoying active, fulfilling lives. Her classes, workshops and talks combine the latest understanding of healthy ageing with simple, evidence-based approaches that people can easily incorporate into everyday life. Warm, engaging and down to earth, Deb's presentations are designed to inspire people to move more, feel stronger and live well for years to come.

GEMMA ROSE - NSPCC Schools Service and Volunteering Opportunities

Contact info: Tel: 07889 158677 **Email:** gemma.rose2@nspcc.org.uk

Fee: £ FREE

As the NSPCC Schools Coordinator for Cumbria, I offer an engaging talk about the NSPCC's work with children and young people in schools. The presentation covers how our Schools Service helps children understand their rights, recognise abuse and know where to get help, as well as the positive impact this work has within local communities.

I also provide information about volunteering opportunities with the NSPCC, including our Schools Service volunteers, who deliver safeguarding workshops and assemblies in primary schools. The talk highlights how volunteers can make a real difference to children's lives while gaining valuable experience and becoming part of a supportive national charity.

SPEAKERS / VISIT IDEAS CORNER… Cont'd

JAN SMITH - Soulful Glow – Skincare & Self-Care for Busy Women

Contact: Jan**Tel:** 07545 131786 **Email:** jan@soulfulglow.co.uk **Fee:** Free

Looking for a fun, relaxed and interactive skincare and self-care session for your WI group? Jan from Soulful Glow brings skincare back to basics, helping women understand what their skin actually needs without complicated routines or beauty jargon. Discover simple ways to care for your skin, learn how stress and everyday life can affect your glow, and enjoy some hands-on skincare along the way. There'll be plenty of tips, laughs and opportunities to try products for yourself.

MEMBER OPPORTUNITIES

Gingerbreadhouse Festival and Competition



Grasmere Gingerbread would like to invite you to take part in the inaugural Gingerbread House Festival taking place November 20th-22nd. Open to all bakers, crafters and creatives…we are hosting the first ever festival of its kind, raising money for Shelter (a charity which supports your resolution of "Action on Women's Homelessness") and offering some impressive prizes to the winners with the WOW factor.



It's not just houses that can be entered, check out the website for all the details, or ask your WI secretary to see the flyer attached to her Newsletter email.

You can also just visit and see the wonderful entries for yourself, it's free to attend so join us at: Low Wood Bay Resort & Spa 20th-22nd November 2026. For more details please visit:

https://www.thegingerbreadhousefestival.com/

Late Addition: FEDERATION EVENT

Committee, Cuppa and Craic

Date: Sat 28th Nov **Time:** 10:30-11:30am

Venue: The Lookout , The Edge, West Strand, Whitehaven,CA28 7LY

Cost: £1 for your cuppa

This is the first event of this kind, but we hope to hold more in other areas. It's very informal, a chance for all members holding committee roles to meet up for a chat and a cuppa, share ideas and problem solve.

So we have an idea of numbers, if you'd like to attend just phone/email Sue Addyman on 07956 157449 / susan.addyman@tiscali.co.uk

PUZZLE TIME

Solution

