



Image: Whitehaven Harbour

County

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/](https://www.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



Changes to Office Hours: :

W/c 19/5/25 = members hours will be **Mon** and **Weds** 10-1pm (closed Thurs)

THE MAIN EVENT

Final Call for Bookings

Deposits needed by 31/5/25

Thursford Christmas Spectacular

3-night stay in Great Yarmouth on D,B+B including a day trip to Norwich and entry to show

Event Code: ACL-TCS

Event lead: Mandy Henderson - **Tel:** 078635

50266 / **Email:** MandyH.WITrustee@outlook.com

Date: 18th – 21st November 2025

Cost: £425 pp - **Deposit:** £75 by: 31/5/25 - **Balance:** £350 by: 15/8/25

Booking form: Available from event lead - **Please contact event lead prior to completing + paying to check a place is available. This trip is open to all WI members and their family and friends.**

You don't want to miss out on all the fun:

<https://www.thursford.com/christmas-spectacular/>

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DEADLINE FOR SUBMISSIONS FOR ISSUE no. 395 - 19th May

A LETTER FROM YOUR COUNTY CHAIRMAN

Dear Members,

I hope you have all had an enjoyable time over the Easter weekend. We were blessed with a visit from two friends from Edinburgh and it was lovely catching up and sharing news. It gave us an opportunity to show off our part of the world which they did seem to appreciate.

The weather has been reasonably kind to us all recently and hubby has already collected a swarm of bees, unheard of before in April, but they appear to have settled nicely into their new hive so hopefully we may get more honey this year than last.

My W.I. is helping with the V.E 80 Celebrations in the Parish Hall, are there any celebrations taking place near you?

On my walkabouts I have noticed that the rooks are nesting high which, I am told, is a sure sign of a good summer, I do hope so. Enjoy whatever you are planning and I hope to see you at some of our events.



Kathleen Bowron

OTHER NEWS FROM THE BOARD OF TRUSTEES

⇒ ACM CHAIRMAN'S CHALLENGE - 22/10/25

Just to remind you about this year's Chairman's Challenge - 'Anything Beginning With a C'. I'm sure you are all busy with your preparations for this but here's a few more ideas: Calligraphy; Carpentry; Chain making (Jewellery); Cane work; Corn dollies.

⇒ CALLING ALL WOULD BE WI ADVISERS

We are a team of four 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 07757 702946

Sue Addyman 01946 861190

⇒ CUMBERLAND SHOW - 7/6/25

The WI class which we are sponsoring is along the theme of 'Our Colourful County'. Here's the link to the website <https://www.cumberlandshow.co.uk/> then click on 'Competitors' and navigate down to the Home Industries. Here you'll find a link to the entry form and a link to the Schedule 2025, ours is on pg 8.

Closing date for entries is 16th May.



Previous show entries in this category

NEWS FROM YOUR SUB-COMMITTEES

ARTS, CRAFTS & LEISURE - Chairman: Mandy Henderson

Everyone seemed to have a lovely time at the Dabble Day and went home with flowers, decorated jam jars, fingerless gloves and sock mats. These days are a chance for you to try different crafts and, if you enjoy them, you can do more at home or even with your WI members. If you have any craft ideas for our next event they would be most welcome, send via the secretaries email.

You have just about missed the deadline to go target shooting on 10th May, but you could try phoning Ilene to see if there are any spaces left... It's great fun and you are inside so no getting wet! **Other things to come:** We have "Black work" a 2-day workshop with Margaret Pattinson on 5th and 19th June in the WI Office; an indoor games day in July; and Crochet Sept time. Also, please don't forget our trip in November to Thursford. It may seem a long way off, but we need numbers confirmed so we can return any unwanted tickets or indeed cancel the holiday. Do please support these events as they are arranged for you, our members. We look forward to seeing you at some of them.

EDUCATION & PUBLIC AFFAIRS - Chairman: Jennifer Baker

Still a small window to get onto the **Dental Health Matters** talk, full details in the April issue. We are trying to arrange a Literary lunch but have no firm details yet... but watch this space!

MEMBERSHIP SUPPORT - Chairman: Dawn Eyre

We held a Programme Secretaries social event at the Carlisle office on the 9th of April and were very pleased with the turnout, 10 WIs sent representatives, and 4 advisers attended. We had a productive evening and I'm sure the members found it very helpful to exchange speakers' information (good and bad) and swap ideas for meetings without funding a speaker (good for WIs with a small membership). So, all you Programme Secretaries out there please note we are holding another of these evenings at Lamplugh on the 9th May. Get yourself booked on and enjoy "Drinks & Nibbles" and good info exchange.

AND FROM OUR CLIMATE AMBASSADOR: Anne Baird

Summer Reading - 'Raising Hare' by Chloe Dalton is a fabulous nature read, great for relaxing with & appreciating life. It would make a lovely gift - as would 'Company of Owls' by Polly Atkin - written locally in Grasmere during lockdown - also a lovely nature book.

Please remember to put out water for birds & insects & hedgehogs during hot weather. **4th to 10th May** is Hedgehog awareness week.

Look out for Swifts - just beginning to return to our skies from Africa.

Cinema - David Attenborough has a new film in cinemas this month - **Ocean**. Why not visit with your friends /WI for an educational & enjoyable outing ??

FEATURED FEDERATION 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.*

⇒ **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!



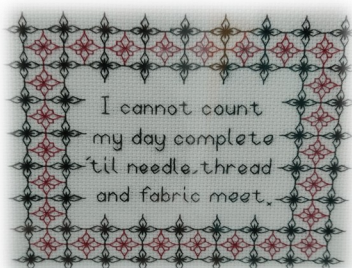
⇒ **Blackwork Classes - 5th + 19th Jun 2025 - Event Code: ACL-BWC**

Event lead: Margaret Pattinson **Tel:** 016973 42365

Email: margaretpattinson@btinternet.com

Times: 10am-3pm **Cost:** £20 **Cheques to:** Broadacre, Thornby Moor, Wigton, CA7 0JZ **Booking Deadline:** 17th May

This is a 2 day course and the price includes materials and tea, coffee and biscuits but you will need to bring your own lunch. So come along and let Margaret explain and show you how to create your own piece of 'Blackwork'.



An example of 'Blackwork'

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

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

Times: 2pm - 4pm **Cost:** £5pp **Cheques to:** Little Jug, 82 Kirkgate, Cockermouth, CA13 9PH or pay by BACS **Booking Deadline:** 7th June

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.



WE HAVE SOME WINNERS...

⇒ **200 CLUB DRAW** - Drawn at the Fed Coffee Morning at Ivegill on 29th March

- ◇ 1st Prize - £90: No.12 - Margaret Hartley of Moorsby WI
- ◇ 2nd Prize - £55: No. 55 - Cockermouth WI
- ◇ 3rd Prize - £25: No. 77 - Kris Longshaw of Cockermouth WI
- ◇ 4th Prize - £25: No. 167 - Susan Grave of Langwathby & Edenhall WI

Congratulations!

FEDERATION EVENTS NEWS

⇒ The Darts final

At Wigton Bowling club on Friday 25th April. **Well done** and a big thank you to all involved in organising the tournament, especially Elsie and Caroline. Thanks to the venues, the WI's who kindly hosted and provided lovely suppers each evening and the scorers too. Most of all though, thank you to all the teams for entering and having a go. It was great fun and a fantastic way to meet other WI ladies.



*Highest Score Trophy,
scoring 133,
Rachel Morley of
Gamblesby & District WI*



*Winner of the Team Trophy
Lazonby WI*

REMINDERS AND HELPFUL INFO

⇒ MINUTES OF W.I. MEETINGS

Just to let you know that it is not compulsory to read out the minutes of the previous meeting each month. They can be displayed and members advised that they are available for perusal and comment then they will be signed after the meeting. You should find that this will save invaluable time!

⇒ MEET AND GREET

It is very important that each W.I. appoints someone to be a 'meet and greeter' so everyone who comes through the door is made to feel welcome and new people are introduced to at least one person who will take them under their wing. There is nothing worse than walking into a room and wondering where to go and what to do. Is it clear at your venue exactly where your meeting is being held? This can be confusing if there is more than one room in the building. If you are visiting another W.I. (perhaps you particularly want to hear the speaker), please introduce yourself and remember to thank your hosts after the meeting. I know all this is what all our members will do naturally but it does no harm to give a gentle reminder. Thank you.

⇒ SUBS FOR 2025/26 -

Don't forget to collect and send your subs . You can either **pay by cheque** and send with your returns form, **to:** Ann Kirkpatrick, 3 Clairmont Drive, Longtown, Carlisle, CA6 5XE or **pay by BACS** with the **ref:** Yr2025/6subs and return your subs form via **email to:** annkirkpatrick24@yahoo.co.uk.

⇒ BULB ORDERS

Your orders need be in by 27th May to Ann Kirkpatrick at the above Longtown address.

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
May 2025						
9th: 7-9pm	Programmes Secretary Social	Apr	Lamplugh, CA14 4SF	£5	MS-PSS2	1/5/25
10th: 10am	Target Shooting	Mar	Longtown, CA6 5ST	£25	ACL-TS1	2/5/25
14th: 2-4pm	Dental Health Matters	Apr	WI Office CA3 0JG	£5	EPA-DHM	1/5/25
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	17/5/25
7th: 10-12	Federation Coffee Morning		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	7/6/25
Misc items with booking dates						
18th-21st Nov	Thursford Christmas Spectacular	Mar	Great Yarmouth	£425	ACL-TCS	31/5/25 for deposit £75

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

Date/Time	Event	Venue	Cost
July 19th	Games Day	TBC	TBC
Sept 13 th	Federation Coffee Morning	Alston	£5
Sept - TBA	Learn to Crochet	TBC	TBC



Special dates in May



May is National Walking Month

12-18th - Mental Health Awareness Week

13th World Cocktail Day

18th - International Museum Day

20th - World Bee Day

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.

- ⇒ Stoneraise, Wreay & District WI - Had a very successful and well attended Coffee Morning on the 12th April. Thanks to all who attended.

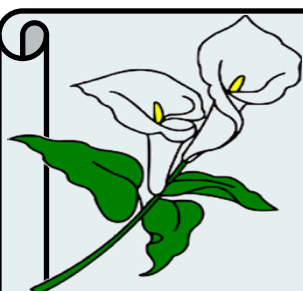


- ⇒ Gosforth WI - A CPR and Defibrillator training event was held on 22nd March and was attended by other WI's and local villagers.



FORTHCOMING EVENTS AT YOUR WI'S

- ⇒ Scotby WI - Are having a Coffee Morning on 10th May in Scotby Village Hall, CA4 8BW, 10:00-12 Noon. Cost is £3 pp



Gone but not forgotten
We remember

Joyce McHolm ~ Langwathby & Edenhall 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.

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 suggestions and not necessarily recommendations.*

⇒ MISH TOOBY - 'MOVE IT OR LOSE IT' Website: <https://www.moveitorloseit.co.uk/>
Tel: 07972167874 or email: mish.tooby@moveitorloseit.co.uk

I am Mish, a 'Move it or Lose it!' (which is a recognised partner of Active Cumbria) instructor, working in and around the Carlisle area, and I would like to offer some free taster sessions to any of your local WI groups that would be interested.

The really great thing about our classes is that everyone can join in, as the exercises are safe, effective and they are related to activities of daily living and can be adapted to suit all levels of ability, included fully seated, standing with support and or free-standing. Classes are called "FABS" because each class incorporates Flexibility, Aerobic, Balance and Strength exercises in accordance with the Chief Medical Officer's guidelines for older adults to improve mobility, strength, confidence and independence.

I'm happy to tailor the session to the individual WI group in terms of what I cover, how I do this and the available time, so I could chat about 'Move it or Lose it!', do a free demo class, or do a mixture of chat and demo.

⇒ ADRIAN TAYLER - Tel:01539 564030 / 07760 757339 or email: aptayler@gmail.com

I have 3 talks I can offer you:

◆ **CURTAIN UP! - THEATRE HISTORY -**

Presented in the character of Edwardian Henry Wilkinson. The development of British theatre from the Middle Ages onwards. The story of the Lancaster Grand and the acts that have performed there. How a theatre works. The £50 fee goes towards the Lancaster Grand's new foyer and extension. Also, monthly backstage tours are offered by the theatre or I can arrange a special group visit.

◆ **SCAMS - TRUST NO-ONE**

Scams are big business and booming - around £7 billion are taken from individuals in the UK every year and older and vulnerable people are the villains' favourite target. I have trained as a Scam Champion by National Trading Standards and my regularly updated talk covers mostly telephone / internet scams, and what to do to protect yourself from the crooks.

◆ **GEORGE HUDSON - RAILWAY KING OR ROGUE?**

Topical now we are celebrating 200 years of railways. Hudson was an MP, Lord Mayor of York, once responsible for a 1,000 miles of rail lines in England and one of the wealthiest men in the country, George Hudson had a calamitous fall from favour, accused of fraud (often by people who had approved and benefited from his actions) then taking refuge from his creditors in France. A dynamic but flawed character with powerful friends and equally powerful enemies.

... Contact details again from last months speakers corner

⇒ KESWICK THEATRE BY THE LAKE - www.theatrebythelake.com

⇒ 'I CAN' WELLBEING - BELLICON CLASSES - Jenny@icanwellbeing.co.uk