

Issue no: 398- Oct 2025

# County News

Image: Ashness Bridge at Borrowdale

## The Cumbria-Cumberland Federation of Women's Institutes

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

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Website: [cumbria-cumberland.thewi.org.uk/](http://cumbria-cumberland.thewi.org.uk/)

 [Facebook.com/CCFWI/](https://Facebook.com/CCFWI/)

Chairman: Kathleen Bowron

Treasurer: Ann Kirkpatrick

Federation Secretary and Editor: Lesley Porter

Email: [ccfsecretary@ccfwi.co.uk](mailto:ccfsecretary@ccfwi.co.uk)

**Enclosures this month:** 2024/25 Year Book updates; WI insurance payment form;  
**TO ALL SECRETARIES—** Please distribute/display accordingly and if any enclosures are missing, please contact the Secretary at WI Office

### Changes to Office Hours:

W/c 29/9/25 + then 22nd Oct - office will be closed

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Check out our new Loyalty Card Scheme on pg 4

## THE MAIN EVENT

Federation Coffee Mornings - Only £5 p/p -



**Event code:** TB-CM4

**Venue:** Bootle Station, Millom LA19 5UY

**Date/Time:** Sat 1st Nov 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!

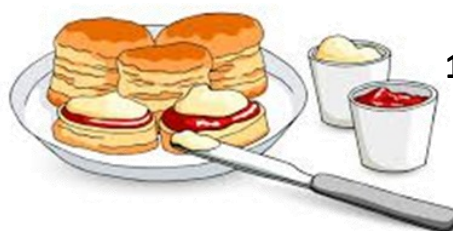
Venues for 2026 - Some dates to follow

**21st March:** Dean

**June:** Patterdale

**12th Sept:** Woodend

**Nov:** Seascale



**DEADLINE FOR SUBMISSIONS FOR ISSUE no. 399 - 17th Oct**

## A LETTER FROM YOUR COUNTY CHAIRMAN

Well, it seems Autumn has truly arrived, although today I have experienced every sort of weather imaginable, rain, hail, sun, wind but no snow yet! As I write, I am surrounded by men packing boxes and carrying furniture as we are moving house. Everything is rather chaotic at present but hopefully by the time you read this we will be well settled in our new home.



I was really interested to learn that from autumn 2025, every car and motorcycle theory test will include updated first aid content — covering CPR technique and how to use an AED (defibrillator). With around 2.4 million theory tests taken each year, this means hundreds of thousands more people will have the knowledge to act in an emergency. This is a powerful step forward for the WI Resolution: "Bystanders can be Lifesavers" — helping to create a nation ready to save lives when it matters most. The WI resolution focuses on increasing public confidence and training in CPR and improving access to defibrillators in communities.

The Trustees had a very enjoyable Coffee Morning in Alston on 13<sup>th</sup> September; it is always good to meet up with members from around the Federation.

We are all looking forward to seeing lots of you at the Annual Council Meeting on October 22<sup>nd</sup> at the Greenhill Hotel. Hope you are all bringing your entry for the Chairman's Challenge, anything you have made which begins with "C".

Kathleen Bowron

## OTHER NEWS FROM THE BOARD OF TRUSTEES

### ⇒ ANNUAL COUNTY RAFFLE TICKETS

These will be available for sale at the ACM with some great prizes;

- ♦ 2 x rail tickets for travel on the Avanti West Coast line;
- ♦ 4 x rail tickets for travel on the Northern Network;
- ♦ £60 voucher for Pandora
- ♦ Afternoon tea for 2 at Greenhill hotel.

### ⇒ DON'T FORGET ABOUT OUR ADDITIONAL OFFICE SERVICES

Printing: We can now offer competitive prices on basic printing jobs. Please see the flyer emailed to your Secretary last month for more info on the sort of jobs we can offer.

WI Programmes: Send me them via e-mail as an attachment, ideally as a single sheet, and without personal contact details, i.e. without your secretary/treasurer phone numbers, on them and I'll upload them to the website.

## WE HAVE SOME WINNERS...

# Congratulations!

### ⇒ 200 CLUB DRAW

Our last draw of 24/25 took place at the Fed Coffee Morning at Alston on 13/9/25

- ♦ 1st Prize - £90: No. 7 - Margaret Pattinson, Rosley WI
- ♦ 2nd Prize - £50: No. 21 - Santon Bridge WI
- ♦ 3rd Prize - £25: No. 157 - Joyce Bradley, Warwick Bridge WI
- ♦ 4th Prize - £25: No. 75 - Melmerby WI

Tickets for 25/26 available at the ACM, with the first draw taking place on 1st Nov.



## NEWS FROM YOUR SUB-COMMITTEES

This is a fairly quiet period. All planned, and future events, currently being discussed can be found on pg 5, with the events diary on pg 4.



*"We need you... Your talents are exactly what we're looking for!"*

If you want to have a say in what your Federation can offer, or have ideas, or you have certain skills to offer, from organisational to practical, have you considered volunteering for the **Arts, Crafts & Leisure** or **Education & Public Affairs sub-committees**? They usually meet 4 times a year as well as helping out at the events being put on. Travel mileage to the meetings is paid at .30p/mile and paid out at the end of the tax year.

There's also a more specialised sub-committee, **Membership Support**, which consists of WI Advisers but there is training to become an Adviser, which is online, and can be done at times to suit yourself... it's not too onerous at all!

If you do have an interest in a particular committee please phone/email the relevant chairman, contact info below. Or if you'd just like a general chat then email Lesley at the office and she'll share your details with the Trustees for someone to get back to you.

### **Arts, Crafts & Leisure -**

Mandy Henderson: 078635 50266 / [MandyH.WITrustee@outlook.com](mailto:MandyH.WITrustee@outlook.com)

### **Education & Public Affairs -**

Jennifer Baker: 01768 881653 / [tonybakerdevelopments@gmail.com](mailto:tonybakerdevelopments@gmail.com)

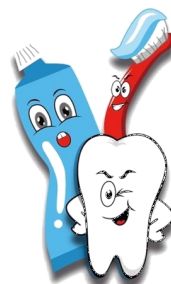
### **Membership Support -**

Dawn Eyre: 016973 61851 / [deyre67@gmail.com](mailto:deyre67@gmail.com)

*We're a friendly group of ladies, we'd love to welcome you onboard.*

## *"Dental Health Matters"*

In line with the last NFWI resolution we have an initiative with NCIC and Food Pantry's to supply the Pantry's with toothbrushes and toothpaste suitable for children. We are asking everyone to collect suitable items at your WI and, if attending the ACM on 22/10/25, to bring them there. We will then distribute, via Trustees, to the Food Pantry's around our County.



## **FROM OUR CLIMATE AMBASSADOR: Anne Baird**

The NFWI Week of River Action is a yearly reminder to keep our waterways as healthy as possible .. MyWI has a toolkit to help WI's take action. Don't forget to fill in the NFWI Fair Green Future survey if you haven't already ..(also on MyWI)

Many people will be thinking of increasing utility bills at this time of year - choose a Green Tariff if possible & add blankets, warm curtains & pre-loved clothes to reduce usage.

# FEDERATION EVENTS DIARY

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

**CN issue;** Latest Month of the County News which has event 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



*Don't forget to get your loyalty card*

Collect at any Federation Event, get your card marked and once your card is full it entitles you to attend one of our Coffee Mornings for free. Any events that come onto the diary will be valid, that even means the Annual Council Meeting.

**Cards will be available at all our events.**

Date/Time	Event	CN issue	Venue	Cost	Code	Closing date
<b>October 2025</b>						
22nd: 10-3:45 approx	Annual Council Meeting	Sept/ Oct	Green Hill Hotel, Wigton	£10	TB-ACM	See info
28th : 1:30-3:30pm	Treasurers Update Social	Sept/ Oct	WI office CA3 OJG	£5	MS-TU	21/10/25
<b>Nov 2025</b>						
1st: 10:00 - 12 noon	Federation Coffee Morning - Bootle	N/A	Bootle Station, Millom LA19 5UY	£5	TB-CM4	Just Turn Up
6th: 7:00pm	Quiz Nights x 2 locations	Sept/ Oct	Dalston, CA5 7QB Lamplugh, CA14 4SF	£20/ team	EPA-QND EPA-QNL	24/10/25
<b>Dec 2025</b>						
6th: 2:00pm	Carol Service	Sept/ Oct	Egremont CA22 2AW	N/A	TB-CS	Just turn up

**Unless it's a 'Just turn up' event - Please remember to book for your events as soon as possible or events may get cancelled due to a perceived lack of interest or be insufficiently prepared/catered for.**

## Special dates in Oct



**Fri 3rd** - World Smile Day  
**Sat 11th** - International Day of the Girl Child  
**Thurs 16th** - World Food Day



## 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.*

⇒ **Treasurers Update Social** - Tues 28th Oct - **Event Code:** MS-TU

**Time:** 130 - 3:30pm **Venue:** WI Office, CA3 0JG **Cost:** £5pp - payable by your WI - You can pay on the day - includes treats/refreshments

**Contact for bookings:** Dawn Eyre **email:** [deyre67@gmail.com](mailto:deyre67@gmail.com) or **phone:** 016973 61851

This is for all Treasurers either new or experienced or anyone who is thinking of taking on the role and would like to know more. This is an informal event so please come along and share your good and not so good experiences/problems with each other, it's a good chance to talk to other treasurers about how they go about the job.

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

**Event Codes:** Dalston - EPA-QND or Lamplugh - EPA-QNL. **Time:** 7:00 for 7:30 start

**Book:** Mandy Henderson **Tel:** 078635 50266 or **Email:** [MandyH.WITrustee@outlook.com](mailto:MandyH.WITrustee@outlook.com)

**Post payment to:** The Gill Farm, Dalston, CA5 7JP or pay by BACS (see above)

**Teams of 4 at £20 per team.**

**Deadline for booking:** 20th Oct 2025 -

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!

*\*We need you to book your teams as we need to do prep for the actual number of teams.\**



⇒ **Federation Carol Service** - Sat 6th Dec -



**Event Code:** TB-CS -No need to book **Venue:** St. Mary's and St. Michael's Church, Egremont, CA22 2AW **Time:** 2:00pm

A lovely event to round off this year. Refreshments will be available. Please come and support this lovely event.

⇒ Watch out for more info on the following annual events coming next year

- ◆ Team Darts; Games Day; Quiz Nights

... And here's some possibles we are considering

- ◆ Axe Throwing; Pewter Work; Target Shooting
- ◆ Theatre Trip; Literary Lunch; Day Trip to Yorkshire Sculpture Park



⇒ **Board of Trustee meetings** - **Usually 2nd Tues of the month (except July)**

For anyone interested, or would like to know the dates for invites/correspondence purposes, here's the next few dates: 14th Oct; 11th Nov; 9th Dec; 2026 - 13th Jan; 10th Feb.

## FEDERATION EVENTS NEWS

⇒ **ACM - 22nd Oct - Greenhill Hotel, Wigton, CA7 8LS**

*Please try your best to attend.*

Just repeating some of the main details for our forthcoming Annual Meeting. We have listened to comments from last year and we are going for a more informal style this year. We have humorous speakers and musical entertainment, raffles, prize giving and our main 'Chairmans Challenge' competition. There'll also be the chance to buy/collect calendars, and buy County raffle tickets, 200 Club tickets and other merchandise at great prices.

**Entry Fee:** We'd love to see you all, for non-delegates entry is £10 to include Tea/coffee and biscuits. Delegates don't pay for entry, 1 delegate per WI.

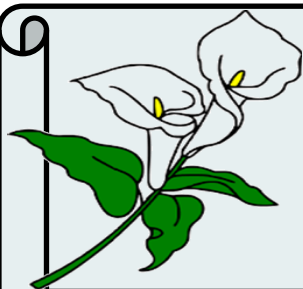
**Lunch:** Available for £10p/p - includes Cream of Vegetable soup and a variety of sandwiches served buffet style. This needs to be booked and paid for in advance. The booking form is with your club secretary.

**Delegates:** No entry fee, and mileage will be reimbursed at .30p/mile. You will still need to purchase lunch. If your WI is unable to send a delegate this year can you please drop the office an email to give your apologies.

**Chairman's Challenge:** Anything beginning with a 'C' - Last year there was a great showing so we're hoping for better this time! You can vote for your favourite items by placing a silver coin next to the entry. The winner will be the one with the most coins (not monetary value). There will be time for everyone to peruse the items before the start of the meeting, during the morning and just before lunch so everyone should have plenty of time.



*Last years winning Chairmans  
Challenge Entry "I've Made It" :  
Cathy Dunn (Seascale WI)*



*Gone but not forgotten  
We remember*

*Nancy Dutton ~ Kirklington & District WI  
Matti Dziatkowski ~ Cleator 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.*

## NEWS FROM YOUR WI's

If you want to show us what you've been up to, send a good picture (ideally named and in landscape) 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. - **All the pictures from this issue, and some we didn't have room for, will be on the website gallery in all their glory!**

Sadly, I haven't received much news from around the WI's this month. I know you're holding interesting events so please share them with me so we can let everyone know what's happening/happened in your corner of Cumbria or beyond. A picture paints a thousand words they say, so send me a photo with a few words to describe your event. Thank you

### ⇒ Bassenthwaite WI

COFFEE MORNING will be held on Wednesday 29th October from 10am to 12 noon at Bassenthwaite Methodist Chapel. Coffee or Tea and home-made biscuits £3. Produce stall and raffle. Hope to see you there.



### ⇒ Warwick Bridge WI

On Tuesday 2 September Warwick Bridge invited members from Wetheral, Stoneraise, Talkin and Nicolfrest to join them for a talk by Max Loth-Hill who is a cultural historian working at Durham University. Max gave an entertaining and detailed talk on the history of Carlisle Castle. He explained how the castle has played such a crucial role in so many conflicts across the centuries; it is no wonder that it is acknowledged as being the most



besieged castle in England. It is sobering to realise that its dour, austere walls have witnessed the residences of both King William of Scotland and Edward I of England; the imprisonment of Mary, Queen of Scots and capture by Bonnie Prince Charlie's Jacobite Army.



### ⇒ Bassenthwaite WI

completed the CPR awareness and defibrillator training this morning. They had an excellent instructor, Kerry from Kendal. He was very clear in his instruction and also explained carefully why certain procedures were followed. They finished the morning with a bring and share lunch.



## 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.

### ⇒ **RACHEL ADAMS - GUIDE DOGS PUPPY RAISING SCHEME**

**Email:** [rachel.adams@guidedogs.org.uk](mailto:rachel.adams@guidedogs.org.uk)

I'd love the opportunity to speak at your WI group to share the inspiring work of the Guide Dogs Puppy Raising Scheme here in Cumbria. As a staff member for Guide Dogs, I support our amazing volunteer puppy raisers who play a vital role in preparing our pups for their future as life-changing guide dogs. My talk offers a behind-the-scenes look at the early stages of a guide dog's journey, filled with touching stories, practical insights, and plenty of puppy charm. It's informative, engaging, and always well-received by community groups.

### ⇒ **HELEN HARALDSEN AKA THE WRITER IN WELLIES -**

**Email:** [hhbooks0@gmail.com](mailto:hhbooks0@gmail.com) - Helen is a West Cumbrian children's author. Hear the tale of her author journey - it's full of twists and turns and is as action-packed as her animal adventure stories. Helen can also lead creative writing workshops to help you find a story idea you can't wait to create, even if you've never written before. Find out more at [www.helenharaldsen.co.uk](http://www.helenharaldsen.co.uk)

### ⇒ **ROSALINDE DOWNING - HISTORY TALKS**

**Email:** [ros@langside.org.uk](mailto:ros@langside.org.uk) or **Tel:** 017687 76471 - You may have already enjoyed Ros Downing's talks on the *History of British Biscuits* or the *History of Breakfast Cereals*. Well you may like to try her latest offering - *A History of Soap: Mesopotamia to Port Sunlight*. Call or email her to book a talk.

### ⇒ **MARGARET REES - CORN DOLLIES AND LUTES**

**Email:** [margaret.r.rees@btinternet.com](mailto:margaret.r.rees@btinternet.com) or **Tel:** 016973 32861 - £65 + travel - Has 2 talks to choose from. Contact for more info.

**'The Last Straw'** - An introduction to Corn Dollies - hear about their history and folklore, meet an array of Corn Dollies from around the world - see how they're made - and 'have-a-go' yourselves!

**'Greenesleeves and Packington's Pound'** - An introduction to the Lute and its music - and an opportunity to meet and try out an exotic array of musical instruments from around the world - with a few folk songs, or carols at Christmas.

### ⇒ **CHRISTINA BAINBRIDGE - FIRST AID AND DEFIB TRAINING**

**Email:** [christina@applebyresponders.org.uk](mailto:christina@applebyresponders.org.uk) or **Tel:** 01768351187 / 07962400319

We can deliver a session which will help you, your family, friends, and work colleagues to help recognise emergency signs and symptoms, and how to demonstrate Basic Life Support / Skills, which some day may help to save a life. There is no cost to you for this 2 hour session which will give you the skills and the confidence to respond in an emergency situation, sometimes when there is no other immediate help available, your knowledge could be the difference of life or death. The venue will be down to yourselves, and of course the refreshments at the end of the session, tea, coffee etc., if required. This is a chance for you to prepare to fulfil the NFWI Resolution: *Bystanders can be Lifesavers*