

County News

Image: Daffodils at dusk

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@ccfw.co.uk

Enclosures this month: Current Year book updates;

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

Changes to Office Hours:

Apr/May: W/c 20th April no office cover

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THE MAIN EVENT

TARGET SHOOTING

Date: 16th May 2026 **Location** Longtown, CA6

5ST Time: 10.00am for 10.30am

Event Lead - Mandy Henderson -

Email: mandyh.witrustee@outlook.com

Tel 07863550266 **Address:** Gill Farm, The Gill, Dalston, Carlisle, CA5 7JP

Payments to be sent to the event lead.

Price includes the shooting and refreshments but you will need to bring your own lunch.

Numbers dependant and on a first come first served, may be open to family and friends.

Great fun day come and give it ago.

Only £25pp



How many Easter Eggs can you find in this issue?

EGG HUNT



DEADLINE FOR SUBMISSIONS FOR MAY ISSUE no. 404: 15th April

A LETTER FROM YOUR COUNTY CHAIRMAN

Well, we had a wonderful sunny day for our Coffee Morning at Dean and it was lovely to see so many of you there.

Good to hear lots of chat about attending some of the events being organised in the near future, places are going quite quickly for Target Shooting so do please contact Mandy if you wish to attend.

Likewise, the Pewter Box workshop, Margaret is waiting to take your details.

It was quite a busy week for some of us as we had the pleasure of attending a lunch, held by Cumbria Westmorland Federation at Grange over Sands where our National Chairman, Jeryl Stone, was the speaker. After a delicious meal Jeryl told us her W.I. life story beginning, as with a lot of us, by expressing an interest in a particular speaker at her local W.I. and being invited along by a friend, sound familiar?

I hope you all have a happy time over Easter and enjoy those chocolate eggs!

Kathleen



OTHER TRUSTEE/OFFICE NEWS



Chairmans Challenge - Glynis Aspin, Trustee

Hello Ladies

Now we have all got our Christmas & New Year activities over with I want to turn your thoughts to "What shall I make for this year's Chairman's Challenge." As mentioned in the November issue this year's theme is 'Something Recycled'.

We tend to think of recycling as something new and green to help save the planet but nothing could be further from the truth. In the past recycling was very much an essential way of life. We only have to think of the phrase from the 2nd World War 'Make do and mend'. I read of one article that, due to the shortage of wool, some WI ladies were persuaded to knit using the hair from the family dog, although it was found that a mix of breeds of dog hairs worked best for spinning... Now that is the ultimate in recycling and can't wait to see a jumper made up of Fido's hair! **Seriously, the options to produce recycled goods are endless so please join in the competition.**

2026/27 SUBS - Ann Kirkpatrick, Treasurer Trustee

Just a little reminder to all Treasurers to let me have any subscription payments as soon as possible in April. If you have received payments from some of your members but are expecting others please don't wait to return the payments you have to hand. Late payment forms will be sent out in due course. **Don't forget:** All members must sign the new NFWI Membership registration document. Your secretary was emailed one by this Federation and by NFWI, also downloadable from: <https://mywi.thewi.org.uk/running-your-wi/members-resources>. This document MUST be completed by all existing members and any new members ready for April 2026.

ARTS, CRAFTS & LEISURE - Chairman: Mandy Henderson

Well Ladies, we are looking forward to the Team Darts final on 24th April. Good luck everyone and thank you teams and venues for your support again this year. We are looking forward to many events, check out our diary page. Our new event this year, Axe throwing and Archery - do come along and try either or both - 26th September in the Lake District; more details to follow; Pewter jewellery class on 30th September back by popular demand. The Education and Public Affairs committee are also arranging events, we have tried to spread things throughout the year and we hope you can find something that interests you. If not, we welcome suggestions for us to look into. All Federation events are great opportunities to meet other ladies, having fun and supporting your Federation too. Everyone is a winner!

MEMBERSHIP SUPPORT - Chairman: Sue Addyman

Advertising and promotion of our WIs is so important to help us sustain or even grow our membership. I would urge all groups to send a short press release and photograph of your interesting meetings or activities to your local newspaper. Details of which can be easily found on line... And don't forget to send to our own County News. We are doing some great stuff, let's tell everyone what we are doing.

After the success of last year, we are holding another **Programme Secretaries Social** on Mon 29th June - 7-9pm in WI Office. Please come along with your current or past programmes and if you have taken part in any interesting or exciting activities please bring the details and share at the meeting. New ideas always appreciated.

Drink and biscuits provided, cost £5 per person to be paid for by your WI group, pay on the night. Phone me to book a place, **Tel: 07956 157449**



EDUCATION & PUBLIC AFFAIRS - Chairman: Jennifer Baker

Check out the details of our trip to Yorkshire Sculpture Park. Watch out for details of our other events later in the year.

FROM OUR CLIMATE AMBASSADOR: Anne Baird

I attended "Cumbria Clothing Collective" 'Rewear Revolution' at Rheged - fashion shows, clothes swaps, Repair stations & much more .. further info to reduce textile waste & expense on their Facebook page... Lovely to meet lots of CCFWI at the 'International Women's Day' event at Keswick Rugby Club, thank you for the chat & cake !! It's almost time to put seeds in - don't forget to share and thanks for all you do to help nature & climate.



Gone but not forgotten, we remember

*Jean Graham ~ Dundraw W1
Phyllis Dockeray ~ Dundraw W1
Maggie Pope ~ Penrith W1
Dorothy Warwick ~ Cleator W1*

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.

FEDERATION EVENTS DIARY



Date/Time	Event	Venue	Cost	Code	Closing Date
Apr 2026					
24th: 7:30pm	Darts Competition - Final	Wigton Bowling Club		ACL-DT	
29th: 10:00am	ACWW Walk	Embleton Village Hall, CA13 9XU	£5	EPA-Walk	19th Apr
May 2026					
8th : 10am-12 noon	Federation Coffee Morning	Newcastle Building Society, Carlisle	£5	TB-CM2	Just turn up
16th: 10:00 am	Target Shooting - Rifle	Sandysike Longtown Carlisle CA6 5ST	£25	ACL-TS	1st May
28th: 9:30-4:30	Pewter Work - Decorated Boxes	WI Office	£15	ACL-PW	End April
Jun 2026					
4th	NFWI - AGM watch party for delegates	WI Office	N/A	N/A	N/A
10th + 24th	Blackwork course (2-days)	WI Office	£20	ACL-BWC	End May
10th	Daytrip to Yorkshire Sculpture Park	Coach trip	£35	EPA-YSP	25th May
20th	Federation Coffee Morning -	Patterdale	£5	TB-CM2	Just turn up
29th	Programme Secretary Social	WI Office	£5	MS-PSS	15th June

...and note these in your diary, more information to follow in future issues

Date	Event	Venue
July 8th or 9th	Quizzical Walk	Carlisle
Sept 12th	Federation Coffee Morning - £5 pp	Woodend
Sept 26th	Axe Throwing & Archery - £40pp	Windermere
Sept 30th	Pewter Jewellery Workshop	WI Office
Oct 5th	Film Showing with Neil Emerys award winning documentary file-The Art and Life of Dorothy Ramsay - with Afternoon Tea	Lamplugh
Oct 14th	CCF AGM	Greenhill Hotel
Oct 22nd	Annual Quiz Night	Dalston + Lamplugh
Nov 7th	Federation Coffee Morning	Seascale
Dec 5th	Carol Service	TBC

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.

International Womens Day - 8th March, Keswick Rugby Club

Thanks to all who attended, the day was a massive success with a large number of women visiting the event from all over the Federation area, members and non-members .

A display of WI activities, raffle and delicious home baked goods were throughly enjoyed by all . Thanks go to **Theatre by The Lake** who donated 2 generous prizes of 4 tickets to see 'Calendar Girls -The musical' including money to spend in their cafe for the free prize draw.

Donations from refreshments and money from the raffle raised, £530 which is to be donated to 'Every life matters' , a charity Keswick Rugby Club are supporting. The day also saw a fantastic display of Woman's and girls rugby which could be enjoyed from the comfort of The function room. A great way to celebrate all women .



ACWW: Women Walk the World Day-

Event Code:EPA-ACW **Date:** Wednesday 29th April 2026 - **Time:** 10am

Event Lead: Trish Dunant **Tel:** 07977 416961 **Email:** trishdunant@googlemail.com

Start Location: Embleton Village Hall, CA13 9XU

It's not too late, you can still register for this year's fun walk. This is our main fund-raising event for ACWW, donating to the Rural Women in Action Fund, supporting grassroot projects in developing countries. Please make sure that your WI has sent a donation to ACWW and at least one of your members is taking part. Email or text before 19th April giving your names and your WI.

From 10am, while you check in and pay your registration fee. You will be able to buy for £1 tea and coffee and £1 pieces of traybake. Suitable clothing and footwear will be needed. At 10:30, with your route description in hand you will set off. We are trying out something a bit different this year with the registration fee.

You can **EITHER** pay separately the £5 registration fee, then buy £1 filled roll for lunch, £1 tea or coffee, £1 traybakes and £1 for each raffle ticket. **OR** on the day make one payment of £10. Includes registration fee, filled roll, unlimited tea or coffee, at least one piece of traybake and 3 raffle tickets. This is a trial and, on the day, we will see which system has been most popular!!! Please note **NO DOGS** this year as we will be crossing fields with lambs and sheep quietly grazing.



FEATURED FEDERATION EVENTS & NEWS Cont'd...

Spaces are limited for these next two events so register your interest by phoning the event lead now. **Event Lead:** Margaret Pattinson **Tel:** 016973 42365 **Address:** Broadacre, Thornby Moor, Wigton, CA7 0JZ

Pewter Work Boxes - £15 pp

Event Code: ACL-PW **Date:** Thurs 28th May - **Time:** 9:30 - 4:30 **Location:** WI office

Once a space is confirmed you will need to send your payment, along with a SAE, to Margaret, so details of the course can be sent out to you.

Blackwork Classes (2-days) - £20 pp

Event Code: ACL-BC **Dates:** Weds 10th & 24th June - **Time:** 10:00 - 3:00 **Location:** WI office

Back by popular demand this 2-day course introduces you to the intricate world of Blackwork.

For both the above events you will need to bring your own lunch but teas/coffees supplied.

Federation Coffee Mornings - £5 pp - we have 2 coming up!

Date: Fri 8th May **Time:** 10am to 12noon

Venue: Newcastle Building Society,
65 English St, Carlisle CA3 8JU



Date: Sat 20th June **Time:** 10am to 12noon

Venue: Glenridding Village Hall, CA11 0PA

Your Board of Trustees prepare, and serve, delicious home baked scones, traybakes and teas and coffees. We use these events as Federation fundraisers and for you to get to know your Trustees so please support us. **No need to book we just need you to turn up!**

Day Trip to Yorkshire Sculpture Park - £35 pp

Event Code: EPA-YSP **Date:** Weds 10th June 2026 - **Event Lead:** Jennifer Baker **Tel:** 07923 430932

Email: tonybakerdevelopments@gmail.com

Come along with us to West Bretton and enjoy an artistic treat. The price includes coach and entry to the park. This excursion is open to family and friends so come and join us for a lovely day out. There are food outlets at the park or you can have a Picnic in the grounds among the sculptures it's up to you.

See link to website above where you can see just what is on offer.

Pickup points: Halston, Carlisle at 9:00am and

Sandgate Bus Station, Penrith at 9:30 **Returns** to same points at around 5:30-6:00.

Check out more about this fantastic park by going to their website: <https://ysp.org.uk/>



Special dates in May

All Month - [National Walking Month](#)

Weds 13th - [World Cocktail Day](#)

Weds 20th - [World Bee Day](#)



In e-formats click on the links for more information on the special dates

Lamplugh WI

Our ladies have had a successful and busy year fundraising and money raised has been donated to local charities and good causes we are proud to support.

Here's the details of who we raised for this year, each got £500:

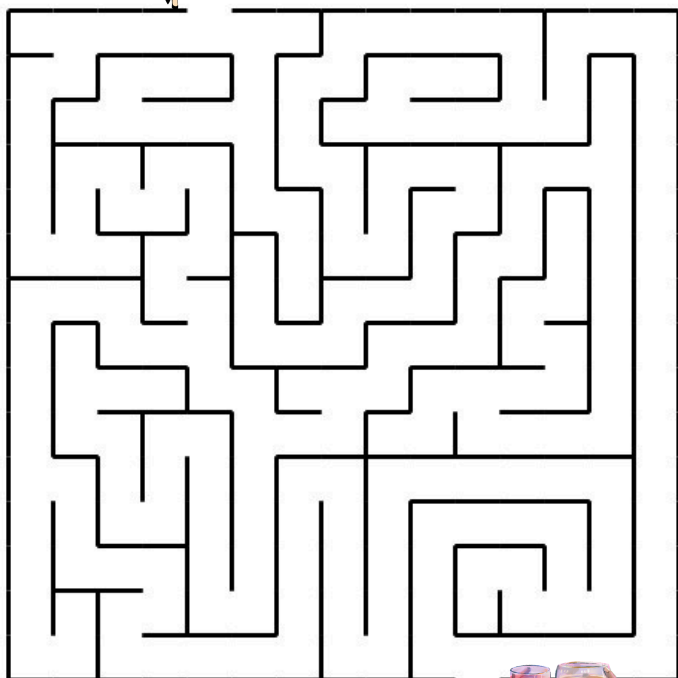
- The Gather , Ennerdale - a community-owned and run café and shop . They are raising funds to update and improve their kitchen . The community café is more than just a place to grab a cup of tea. It's a warm, welcoming space where people of all ages come together to connect, share stories, learn new skills.
- The Calvert Trust , Bassenthwaite - welcomes those with disabilities, alongside their friends, families and carers to a specialist outdoor activity centre in the heart of the Lake District. They offer residential activity breaks , a variety of horse-riding sessions and a modern hydrotherapy swimming pool which is available for public use. Lamplugh Women's Institute recently having a very relaxed and enjoyable session in the pool.
- Amy Thomas - fundraising for a new seat for her young sons wheelchair. Her son has spinal muscular atrophy.
- Irving brothers - every year dress as Santa , get on a decorated sleigh and visit 4 local primary schools giving every child a chocolate selection book.



Puzzle time -



Find the way to your friend for a cocktail (or two) to celebrate World Cocktail Day!



Cockermouth WI



President Sue Marshall presenting a £1000 cheque to Eric Bowe of Cockermouth first responders, their charity of the year for 2025/26

Lazonby WI - Open Meeting

Tuesday 12th May at 7pm - £4 entry charge

'The Play's the Thing' - 2 plays reflecting WI Life by Old Rope Productions **Competition:** Any photo showing women together (family, friends etc)



SPEAKERS / VISIT IDEAS CORNER

JOHN KINORY - Life as a film extra - <https://www.publicspeakerscorner.co.uk/john-kinory/>
Tel: 07817-104211 **Email:** kinory@appleinter.net **Cost:** £50 (Zoom only)

My talk consists of many slides illustrating informative and amusing aspects of being an extra: What is an extra? What happens when you arrive in the morning; Wardrobe, Hair & Makeup. What is life in front of the cameras like? Do you get paid? Do they feed you? Do you meet famous film stars? Is it glamorous? Do you get treated well? Filming in the studio and on location in strange places. The huge complexity and cost of the film production effort, involving hundreds of people. Q&A.

LOUISE CAVORA - Nails; Education and Health

Tel: 07359 516769 **Email:** louisebcavora@hotmail.com **Cost:** £25 + mileage @ .45p/mi

I offer a relaxed and interactive session covering:

- Nail care and health; Nail Education
- Acrylics, gel, Builder, nail art and modern nail trends
- Q&A and beauty tips

ROSEHILL PLAYERS (ROSEHILL THEATRE) - Calendar Girls production - 27th to 30th May

<https://www.rosehilltheatre.co.uk/whats-on/rosehill-players-calendar-girls>

Tel: 07766 727927 **Email:** anniew3011@gmail.com **Price Discount!**

Your secretaries already have the poster for this event. If any of the ladies would like to come and see Calendar Girls The play (as it is different from the film) we could offer you a discount price of £10 per seat for a block booking of 20 people. Just get in touch.

MEMBER OPPORTUNITIES

ABBY GOODMAN - Three Hands - Research Community <https://www.threehandsinsight.co.uk/>
Call, text or Whatsapp: 07519 434933 **Email:** abbyg@threehands.co.uk

Opportunity to Join Lived Expert Research Community with Three Hands

Interested in sharing your lived experiences online or in person and helping shape a more inclusive and accessible world? Three Hands works with major businesses such as NatWest, British Gas and Experian to connect them with individuals facing challenging life circumstances including mental health, bereavement, disability, unpaid caring duties, and many others. Share your feedback and stories with decision-makers and help them better understand their customers. It's a chance to have your voice heard, create meaningful change, and receive a thank-you payment for your time.

CUMBERLAND COUNTY SHOW - Saturday 6th June

Your Federation are again sponsoring one of the Home Industries competitions - Check out the category and how to enter.

<https://www.cumberlandshow.co.uk/content/competitors>

The theme this year is 'The Four Seasons' so plenty of scope to get your creative juices flowing.

