



Issue no. 407- Sept 2026

County News

Image: Harvest Festival

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: Current Year book updates; Wall planner order form; ACM order 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 14th-18th Sept = No office cover

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THE MAIN EVENT

Federation Coffee Morning - only £5pp

Date: Sat 12th Sept

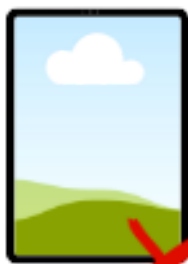
Time: 10am to 12noon

Venue: Bigrigg Village Hall, CA22 2TL

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.



A note from your editor: When taking pictures to send for insertion in the Newsletters, and to be uploaded to the website, can you please use **landscape** format - the website NFWI uses, is limited in photo re-production in any other format!

DEADLINE FOR SUBMISSIONS FOR Oct ISSUE no. 408: 18th Sept

A LETTER FROM YOUR COUNTY CHAIRMAN

I hope you have all been able to enjoy the wonderful weather we have had over the summer, certainly one to remember.

A huge welcome to the members of the new Keswick W.I. who are holding their first full meeting this month. We look forward to meeting you all at various events throughout the county.

The first one is a Coffee Morning at Bigrigg Hall, the home of Woodend W.I. on Saturday 12th September 10am until 12 noon. Lots of homemade scones and traybakes with as much tea or coffee as you can drink! Stalls, raffle etc. See you there

Santon Bridge W.I. had a very successful presence at Eskfest in July selling lots of cupcakes and generally showing folk that the W.I. is fun.

Well done to Cockermouth W.I. for their approach to the local council on the topic of the availability of public toilets in Cockermouth, in line with our resolution.

If you have not already booked your place on the Jewellery Workshop on 30th September, I can really recommend it. I won second place at Dalston Show in the Handmade Jewellery class with a brooch which I made at a previous workshop.

I hope you have all bought your Federation Raffle tickets, only £1 each with some great prizes, you have to be in it to win it!

Kathleen

PUZZLE TIME

Sudoku: Medium



1	9		4	3				8
3						1		
	7			8				3
		9	8					1
			3	9	2			8
		8	7					9
	6			7				5
9						8		
7	4		9	5				1

Solution on pg7

2027 WALL PLANNERS

Introducing the Cumbria-Cumberland WI 2027 Wall Planner - £2.50 each

theWI | Cumbria-Cumberland
INSPIRING WOMEN
2027 Wall Planner



Your WI secretary has the order form if you want to pre-order or there will be a limited amount on sale at the ACM. We have 7 designs to choose from, your WI secretary has the details.

ITEM DETAILS: A3 size, 160g, 6 months per side

ARTS, CRAFTS & LEISURE - Chairman: Mandy Henderson

Wonderful weather we have been having - let's hope we have a good day for the archery and axe throwing day!! PLEASE book asap as we are running out of time and we don't have many names so far. We only have a provisional booking which we could lose anytime. We can't expect them to keep our booking if someone else has numbers etc sorted. Pewter jewellery class is our next event in the office - if you are interested you could try Margaret Pattinson but there are not many places left. We know October 22nd seems ages away but do please get your Quiz teams organised and get your teams booked in - stating which venue please. I shall be at the Federation coffee morning on the 12th September if you want to bring a cheque to book for the quiz (Save postage) or just to let me know you are paying online. Enjoy the rest of the summer and see some of you on the 12th.

MEMBERSHIP SUPPORT - Chairman: Sue Addyman

This Summer Federation Advisors attended Dalston Show with a stall selling Federation goods and promoting The WI. The stall was well received and several ladies showed interest as well as purchasing items.

Several WIs have attended their local shows and fairs this year. If you did please tell us about it. If you didn't why don't you consider it for next year and attend with a WI stall, a great way to make some money for your WI or charity whilst promoting The WI. Let's get out there!

EDUCATION & PUBLIC AFFAIRS - Chairman: Jennifer Baker



Due to unforeseen circumstances we need to CANCEL the Afternoon Tea with a documentary film based on the life of local artist Dorothy Ramsay. We do intend rescheduling this event so please look for updates in future newsletters.

FROM OUR CLIMATE AMBASSADOR: Anne Baird

I was at the Carlisle Unity Festival in June - a yearly Celebration bringing different people together with 1 purpose; to get along in the face of increasing social change - promoting 'Decency', Community & Collective action. <https://tullie.org.uk/events/carlisle-unity-festival-2026/>

Whilst there I attended talks on:

- Allonby Highly Protected Marine Area <https://www.cumbriawildlifetrust.org.uk/about/what-we-do/marine-conservation>
- Movement & Dance - how connection shapes us <https://danceahead.co.uk/>
- Community Resilience - Do you know where your torch, bottle of water & emergency numbers are; Nearest cool space/hot spot; where to meet if you get separated from family/friends?
- I also added to the Leaves of Dhaka project - remembering Rana Plaza (which prompted the Fashion Revolution Campaign). You can do a search for more info, it was a very good day & I hope to see you there next year.



FEDERATION EVENTS DIARY

Sept 2026

Thurs 10th	Programme Secretary Social - West	Lamplugh Village Hall, CA14 4SF	£5	MS-PSSSW	3rd Sept
Sat 12th	Federation Coffee Morning	Woodend WI, Bigrigg Village Hall CA22 2TL	£5	TB-CM4	Just turn up
Sat 26th	Axe Throwing & Archery	Windermere	£25 / £40	ACL-AxA	1st Sept
Weds 30th	Pewter Jewellery Workshop	WI Office	£15	ACL-PJW	7th Sept

Oct 2026

Mon 5th	CANCELLED Film Showing with Afternoon Tea	Lamplugh Village Hall, CA14 4SF	CANCELLED £20	EPA-DFAT	CANC'D
Weds 14th	CCF AGM	Greenhill Hotel	TBA	BT-AGM	TBA
Thurs 22nd	Annual Quiz Night	Dalston + Lamplugh	£20 team	QND or QNL	30th Sept

Nov 2026

Nov 7th	Federation Coffee Morning	Seascale	£5	TB-CM5	Just turn up
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Dec 2026

Dec 5th	Carol Service	Arthuret Church, Longtown	Donation	TB-CS	Just turn up
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CERTIFICATES

At the ACM we will be handing out certificates to long-standing members of the WI. If you've not received one in previous years, or you've now moved up a year category, please make sure your secretary is aware that you've reached one of the targets 30+; 40+; 50+; 60+; 70+ and even 80 so she can let the Federation office know.



Special dates in October

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

All month - [Go Sober for October](#)

Sept 26th-12th Oct - [British Food Fortnight](#)

18th - [World Menopause Day](#)



FEATURED FEDERATION EVENTS

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.

ACM - Weds 14th Oct - Greenhill Hotel, Wigton, CA7 8LS

Below are some details for our forthcoming Annual Meeting. We're carrying on the informal style, all seating will be at tables and lunch, if ordered, will be taken there. We'll obviously still have the official business but that will be a lot shorter.

Timings are approx. and subject to change.

- 9:30: Registration and visitors desk open
- 9:30-10:00: Chairman's challenge entries need to be in place
- 10:30-11:00: Reports
- 11:05-11:15: Proposals
- 11:15-11:45: Jessie McKeekin: storytelling around Cumbria and Women
- 12:00-13:30: Lunch: and a time to look, vote, buy and catch up with friends or make new ones
- 13:45-14:45: Nobody's Friends: Shanty Singers
- 14:50-15:15: Awards and Raffles



Entry Fee: Non-delegates are £10 to include Tea/coffee and biscuits on arrival.

Lunch: Available for £10 p/p - includes Cream of Vegetable soup and a variety of sandwiches served buffet style. **This needs to be booked and paid for in advance.** A booking form will be posted and emailed to your club secretary - please complete as a WI rather than individuals.

Chairman's Challenge: 'Something Recycled' - 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 more time. *N.B. 12:30 Chairman's challenge winner tallied*

Sales Desk: Lots of items for you to buy and there will be the usual raffles etc.

New-2-U stall: New for this year but continuing with our recycling theme - bring along any clothes (on hangers please), scarves, hand bags, and any other accessories, books and jigsaws etc. Any items not sold at the end of the Council Meeting can either be recollected or will be donated to a local charity. This is an ideal opportunity for a wardrobe clear out so please support the stall and help your Federation.

If you have special needs re:

Disabled Access let Lesley at the office know so we can reserve a suitable space for you.



FEATURED FEDERATION EVENTS Cont'd...

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, - details at top of page

Closing date: 30th September

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.



FEDERATION NEWS

Blackwork Class - 2 day course held in June

A lovely class held in the Federation office really brought on our skills. Will be repeated next year.



Dalston Show - Sat 8th August

Lovely weather and a great turn-out... Dalston Show was a success once again. Jennifer and Susan did a great job on the WI stand.

ANNUAL RAFFLE

Don't forget to buy your annual county raffle tickets from your WI secretary. Draw will take place at the ACM. **Great prizes include:**

- Ticket for 4 to attend a TBTL performance at Theatre by the Lake, Keswick with £100 Voucher to book preshow dinner at the Lakeside Cafe
- Afternoon Tea for Two on the vintage bus at Bassenthwaite Station
- Luxury Hamper of organic cheese from Torpenhow Cheese Farm
- Vouchers from Cranston Butchers and Suzie Bou of Dalston
- Chocolates from Castle Chocolates ... and Many More

WI Secretaries:

Please get your stubs and money sent in as soon as you can. If you're unable to sell the tickets you have can you return them so we can send out to WI's who are requesting more. Thank you.



Dundraw WI *Apologies from the Editor... this should have been in the June issue*

Not just any coffee morning... a Dundraw WI coffee morning
As Dundraw WI hold their monthly meetings in Blencogo Village Hall, it was a “no brainer” to support the sterling efforts to raise funds to enable the local community to keep the hall as the hub of the village’s social life.
So, on May 9th, 2026 we held our fundraiser coffee morning. Visitors didn’t just get yummy cakes and scones alongside their unlimited tea and coffee, they could take home baked goodies or a selection of preloved clothes or books all at bargain prices. Of course there was a raffle and a lucky number board with lovely prizes. There was even the Blencogo Quiz to test the ‘little grey cells’. The result of everyone’s efforts is that £907 was raised to add to the fund to buy the hall for the community!



More pictures on the website

Linstock WI

Bingo Evening Mon 14th Sept - 7pm

Everyone welcome! Bingo cards will be available to buy on the night but contact Margaret to book your space! Entrance fee only £5 including tea/coffee and light bites.

Venue: Linstock WI Hall CA6 4PZ

Contact Margaret on: 01228 533387



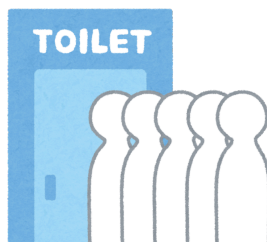
PUZZLE TIME

Solution

1	9	5	4	3	7	2	6	8
3	8	6	5	2	9	1	4	7
2	7	4	1	8	6	5	3	9
4	3	9	8	6	5	7	1	2
6	1	7	3	9	2	4	8	5
5	2	8	7	4	1	3	9	6
8	6	1	2	7	3	9	5	4
9	5	2	6	1	4	8	7	3
7	4	3	9	5	8	6	2	1

Cockermouth WI

We have set up a 'Loo Ladies' group, as response to the resolution for access to public toilets. So far, we have gained support from several groups within the town, addressed the Town Council to try and instigate a working party and are now in the process of hopefully being part of that working party. Click on the link to see the write up in the [Link: News and Star](#)



SPEAKERS / VISIT IDEAS CORNER

ANA DANIELS - The Heritage Letters

Contact: Ana **Tel:** 07925 812273 **Email:** info@theheritageletters.uk

The Heritage Letters: Cumbrian History Brought to Life

Discover the fascinating stories behind The Heritage Letters—a local initiative bringing living history, nostalgia, and storytelling to life through physical, hands-on mailings. In this engaging session, Ana Daniel shares how these illustrated historical letters are crafted, reading from a featured letter that highlights unexpected moments in local history. Members will view tactile craft displays, explore sample packs, and hear how heritage stories are preserved.

Fee: £35.00 (+ travel) | **Duration:** 45–60 mins | **Availability:** Evenings

LACEY RIDGE - From Dream to Debut: The Story Behind Echoes of Grace

Contact: Licia Wolff **Tel:** 07971 993614 **Email:** licia_wolff@hotmail.com

Join local Cumbrian author Lacey Ridge for a relaxed, inspiring and interactive talk about becoming a published author. Discover the story behind Echoes of Grace, the first book in a family saga trilogy, and learn how real life experiences inspired the characters. Hear about writing, self publishing, and bringing a novel to life, with plenty of opportunities for questions throughout. The talk includes readings, a friendly Q&A session, and signed copies of Echoes of Grace available to purchase afterwards, with absolutely no obligation. The Heart of Grace is due for publication soon.

Fee: £60.00 + mileage at 45p mile for venues outside a 10 mile radius from my home.

DAVID GARDINER - CURLEW RECOVERY PROJECT

Contact: David **Tel:** 07557 478825 **Email:** davidj.gardiner@btinternet.com

I lead the Curlew Recovery Project in the Lorton valley. The project has been running for 3 years. I can offer WI groups a talk about curlews, and about the progress of the project so far (illustrated with lovely photos and videos!).

Fee: Donations to the Curlew Project.

GEORGE BENSON - HEALTH & WELLBEING

Contact: George **Tel:** 07870 971640 **Email:** george@georgewellbeing.com

I'm a qualified Health & Wellbeing Coach, Nutritionist and Personal Trainer based in West Cumbria, specialising in helping people improve their health naturally. I give friendly and informative talks (1 or 2 hours) covering topics such as improving sleep, healthy nutrition, menopause support and hormone balance, stress (prevention & management), relaxation and breathwork. If preferred, I also run interactive workshops and wellbeing events, sharing practical tips and simple lifestyle changes that can help improve energy, resilience and overall wellbeing at any age. **Fee:** 1 hour talk - No Fee, however mileage costs - 2 hour talk - £20 includes mileage

A BIG thank you

From the ROSEHILL PLAYERS
(ROSEHILL THEATRE)

... To all the folks from various WI's in West Cumbria who arranged block bookings and supported our recent production of Calendar Girls. With our very own 2027 calendar and crotchet sunflower badges we raised £2,200 (to date). We were delighted with this amazing amount which will be formally donated later next month to Hospice at Home. Watch out for details of our next production 'Goodnight Mister Tom' due to start May 25th to 29th 2027.