

Issue no. 409 - Nov 2026

# County News

Image: field of poppies

## 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**: Current Year book updates; Expression of interest for NFWI AM delegates;
**TO ALL SECRETARIES**— *Please distribute/display accordingly and if any enclosures are missing, please contact the Secretary at WI Office*

## Changes to Office Hours:

**Nov: None**

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## THE MAIN EVENT

### Annual Carol Service

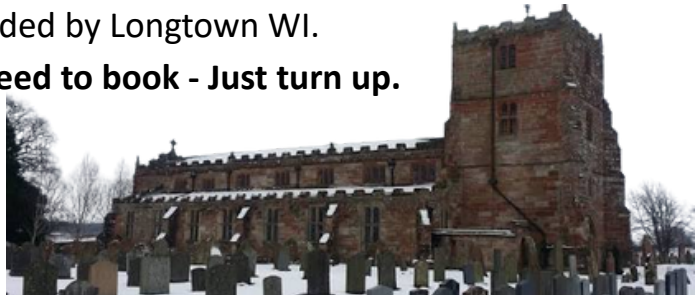
**Date**: Sat 5th Dec **Time:** 2:00 pm

**Venue:** Arthuret Church, Longtown, CA6 5SJ.

This year the church is putting on a lunch of homemade soup, bread, cakes and tea/coffee from 12 noon on the day of the service, priced at £7pp, to **pre-book** for lunch **contact:** Ann Kirkpatrick, tel: 01228 792524 or email: annkirkpatrick24@yahoo.co.uk

Please come and support this event, it's a lovely way to finish off the year. Tea/Coffee, Mincepies and Shortbread will also be available after the service, provided by Longtown WI.

**No need to book - Just turn up.**



**DEADLINE FOR SUBMISSIONS FOR DEC/JAN ISSUE no. 410 16th NOV**

## A LETTER FROM YOUR COUNTY CHAIRMAN



It was very encouraging to see so many of you at our Annual Council Meeting at the Greenhill Hotel on Wednesday 14th October and I do hope you all enjoyed the day.
Congratulations to everyone who accepted the Chairman's Challenge of "Something re-cycled" what a grand array of items, I am very pleased I did not have to judge them myself but had the help of everyone there. Special congratulations to the winner Monica Carruthers of Hayton WI with her beautiful fairy.
I found the storyteller, Jessie McMeekin, so interesting and captivating, the hour justseemed to fly by. She is more than willing to come along to individual Wis so if you need her details please contact the office.
Nobody's Friends had me tapping my feet and I noticed I was not the only one, they too are willing to entertain individual WIs.
Thank you to everyone who worked so hard to make the day successful, it was a real joint effort from Trustees to members who all lent a hand it was much appreciated.
Advance notice of 2027's Chairman's Challenge "The Bathroom". Glynis Aspin will be giving some ideas but get your thinking caps on.
Hope to see you at Seascale for Coffee or Arthuret Church for the Carol Service.

*Kathleen*

## NEWS FROM YOUR SUB-COMMITTEES

### ARTS, CRAFTS & LEISURE - Chairman: Mandy Henderson

See the news from our Axe throwing and Archery day and Pewter Jewellery workshop later in this issue.

### MEMBERSHIP SUPPORT - Chairman: Sue Addyman

We attended the Cumbria University Freshers event and hope to maybe create a WI there. Here's the link to the Face Book page for more info: https://www.facebook.com/share/p/1U4hMzRg47/?mibextid=wwXIfr We also held a social for Programme Secretaries out West in Lamplugh. Watch out for more events for various WI committee positions next year.

### EDUCATION & PUBLIC AFFAIRS - Chairman: Jennifer Baker

We've now re-scheduled the Film and Afternoon Tea to Thursday 8th April.
Watch out for more details and booking info.

### FROM OUR CLIMATE AMBASSADOR: Anne Baird

Green reads - 'Goshawk Summer' by James Aldred - very interesting & absorbing.

For children - 'Bracken the Swift' from Penrith Swift group and 'Elf Chole Surprise' by Charlotte Mason-Curl (Available online )

Traidcraft (Fairtrade partners ) have a great range of Christmas Cards (as do many other Charities)
https://www.traidcraft.org/christmas-cards

Here's the Cumberland Building society response to a Climate Question at their AGM
https://www.cumberland.co.uk/agm

## FEDERATION EVENTS DIARY - to end of 2026

| | | | | | |
|---|---|---|---|---|---|
| **Nov 2026** | | | | | |
| Nov 7th | Federation Coffee Morning | Seascale | £5 | TB-CM5 | Just turn up |
| **Dec 2026** | | | | | |
| Dec 5th | Carol Service | Arthuret Church, Longtown | Donation | TB-CS | Just turn up |

## 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:** 8th - Documentary Film and Afternoon Tea in Lamplugh village hall

**June:** NFWI AGM (see last page of ACM pull-out for more info); Day Trip to Lanark Heritage Centre; and Happy Fest Weekend

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




## Special dates in December - besides the obvious

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

10th - Charity Christmas Jumper Day

21st - National Robin Day

21st - Winter Solstice (or 1st day of winter)





## 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 on the day

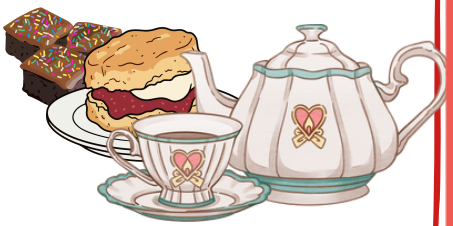
**Date**: Sat 7th Nov

**Time:** 10am to 12noon

**Venue:** Seascale Methodist Hall, CA20 1PU

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.

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



## 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

## Happy Fest 2027 - - a weekend for you!

**Date**: Fri 11–Sun 13 June 2027 **Venue:** Derwent Hill Outdoor Centre, Keswick

**Cost:** £350 per person all inclusive **Event Lead:** Susan Addyman **Event Code:** HF2027

Our first WI festival! Enjoy a weekend of creativity, wellbeing, entertainment and friendship. Includes two nights' en-suite accommodation in single, twin or shared rooms, with meals provided. Come with friends or on your own.

Come as you are. Do as much or as little as you want. Leave feeling happier than when you arrived. Tickets are limited and available on a first come, first served basis

N.B. *Your secretary has received an email about this event with a poster and a booking form which contains info on how to book, pay etc.*

## Pewter Jewellery Workshop

Took place in the WI office on 30th September. With Lesley Connolly's guide on what to do everyone had a great time and the jewellery produced was excellent.







# County News
# ACM Pull out

## Here's news from our ACM on Oct 14th




Our Chairman, Kathleen Bowron, opened proceedings and the business elements were quickly gone through.



Ann Kirkpatrick, Treasurer, highlighted the difficulties facing the Federation and how everyone can help.



**There was a really good turnout of delegates and vistors.**

## SALES DESK

Lots of stocking fillers and wrapping.



## 2027 200 CLUB TICKETS AND QUIZ SHEETS ON SALE

Good luck to those who bought them.





## NEW - 2 - U STALL

A new venture and a chance for you to clear out your wardrobes and drawers. Money raised will be used by the Federation on behalf of it's members and anything left over is being taken to various charity shops. We hope you managed to grab a bargain!

## We were entertained...

Jessie McKeekin, storyteller extraodinaire, held us captivated with her stories and fairytales. Such a talent to stand there, alone, no props, and hold our interest for an hour.



They were introduced as "Nobody's Friends", but after their performance, they had a room-full of ladies eager to call them "Their Friends". They sang us Sea Shanty's and told us of their history. They asked me to thank you, their audience, and let us know they raised nearly £100 for the RNLI, and particularly the Workington Lifeboat, in the collection bucket afterwards.



## Certificates and trophies were awarded to those in attendence...

### Outgoing WIA's

Each received a certificate of thanks for their many years as advisers and Jennifer also received a rose, called Happy Retirement, due to her considerable years in the role.



Dawn Eyre - 8 years



Jennifer Baker - 39 years

# Long Service Awards

**From left to right:** Maureen Lofthouse, 60+,Wetheral; Angela Whitworth,30+, Lowry Hill; Lesley Evans, 50+, Dundraw; Barbara Murray , 50+ , Blackford.



# New WIA's

Nancy Banks qualified as a WI Adviser receives her certificate, Amanda Ings also qualified but was unable to attend.




# Kirkandrews on Eden WI - 75th Year



# Darts Competition -

This year's winning team was Wetheral WI and here they are being presented with the engraved trophy



# CHAIRMANS CHALLENGE - Something Recycled

Lots of entries highlighting the talents of our WI ladies. Here's some pictures, as well as the items, it was lovely to read of how they came about i.e.: the teddy made from baby clothes and weighing the same as her new-born; the christening gown made from her wedding dress, etc. Your voting coins added up to £67.14 which will go to ACWW,

ACWW also benefits from the money raised from sales of the knitting pattern demonstrated by Trish.





**Winning Entry:**
**Monica Carruthers**
**of Hayton WI**



**Last but definitely not least... to all the helpers we had on the day...**




## Important News on National's Annual Meeting




Connexin, Hull, 3rd June 2027

## Delegates needed

**We, your Federation, are doing things differently this year!**
Rather than telling you which WI's we need delegates from we are giving members the opportunity to put themselves forward to be delegates.

- Each delegate will represent 3 or 4 other WI's, not necessarily their own.
- 2 nights accommodation, travel and ticket for 3rd June will be paid for.
- We need 14 delegates, if more than 14 are interested we will draw names out of a hat.

**If you're interested your WI secretary will be getting a form with more details and space to put your name forward.**

## Axe Throwing and Archery event

*Here's report done for us by one of the attendees:*

For a while now I have been interested and keen to try out archery and axe throwing and now I have. I applied to the challenge offered in the countynews to have a go, Saturday 26th September. Nine ladies from five different institutes from Kirkandrews, Nicholforest, Cumdivock, Hallbankgate and Caldbeck took part for the afternoon session at Graythwaite, Hawkshead. The weather was dry and sunny, the staff were very welcoming and after, our picnic lunch Hannah our instructor gave us clear instructions, the all-important safety advise before we took part in the activities. Armed with our protected archery arm shields and preparing the arrow in place on the bow, we were ready, placed in two teams we took it in turns to line up the shot for the target. Hannah offered lots of encouragement and advise. When archery was completed, we moved to the axe throwing area where again Hannah demonstrated and talked us through the instructions of throwing the axe carefully, following the rules we set about in twos on two different targets, we had three axes each to use, our scoring was hit or miss but we had so much fun, sharing the afternoon with like minded ladies having a fun day out in the lakes. We all agreed it was a very enjoyable day and one to be repeated. We all recommend you have a try at these events, archery and axe throwing and spend time with friends having fun and enjoyment.







## Coffee Morning Venues

We are looking for venues for 2027 + even 2028 - Would your WI be interested in hosting one? All your WI would need to do is book the hall (the Federation pays for it) for the hours between 9-12 noon and advertise it in your local area. Your Board of Trustees does all the rest including preparing and serving delicious home baked scones, traybakes, teas and coffees. You can even fundraise for your own WI as you get a free table to sell your own items. If you're interested, please email Lesley at ccfsecretary@ccfwi.co.uk



## Langwathby WI

Celebrated our 106th birthday in October with a Guest Night. Members from Warwick Bridge, Wetheral and Alston joined us for a Birthday Tea, including delicious, home-made (of course!) scones, cakes and fruit jellies. Afterwards we were treated to some excellent foot-tapping, folk and traditional music by the Allerdale Fiddlers. A good time was had by all.





## Dundraw WI

Our October guest speaker was Bob Price from Acorn Bank Watermill Trust who gave an informative, detailed and enthusiastic talk on the history and renovation 'journey' of the watermill. Following its heyday in the 19th and early 20th Centuries, the mill had fallen into ruin by the time it was donated to the National Trust in 1950. After many ups and downs and the work of fantastically dedicated volunteers, flour milling took place at Acorn Bank for the first time in 70 years in 2011. The volunteers aged from 14 - 88 achieved (and still hold) the Marsh Heritage Award, and in September 2026 the second waterwheel was opened by the Yorkshire Shepherdess, Amanda Owen. Dundraw WI members expressed great admiration for the achievements of Acorn Bank Watermill Trust as guardians of this part of Cumbrian history for future generations. You can find out more at https://www.acornbankwatermill.org.uk/




## Santon Bridge WI

**Apple Pressing Success** - Apples, bacon butties and homemade cakes helped Santon Bridge WI raise an amazing £865.50 for Hospice at Home West Cumbria on 17 October. With apple pressing, children's crafts, face painting and a tombola, the event brought the community together for a worthy cause. A fantastic fundraising success!



## MEMBERS OPPORTUNITIES




### A Little Extra Thought in Your Christmas Card This Year?

Many of us will be sending Christmas cards to older parents, grandparents, relatives, friends and neighbours over the coming weeks. Why not tuck a 'DO NOT KNOCK' door sticker inside their Christmas card? It is a small gesture that could make a real difference.

Our stickers are designed to discourage unwanted doorstep salespeople, cold callers and rogue traders, helping older and vulnerable people feel more confident in their own homes. Since launching our Do Not Knock project in 2019, Able Community Care has distributed over 300,000 free stickers throughout the UK.

This Christmas, why not include a little extra peace of mind alongside your seasonal good wishes? The stickers are completely FREE, including postage. Perhaps your club could share this Christmas idea with its members. Simply contact Able Community Care on 01603 764567 or email to: info@ablecommunitycare.com to request how many you would like to receive and where to send them to. Please quote: CC

### Another Calendar Girl production




But this is over in Queens Hall, hexham, 19th-21st November

We thought that some of your groups may be interested in a visit – possibly a talk or, if they come along as a group, a Q/A session with cast and team after the show. Feel free to contact me, Moya Holmes, directly on tel: 07805581545.

The Theatre Club will be holding collections for Tynedale Hospice at Home, and Hexham Hub for Cancer at each performance. Your secretary will be emailed the poster.

## SPEAKERS / VISIT IDEAS CORNER

### GOOD COMPANIONS – Helping Loved Ones Stay Independent at Home

**Contact:** 01228 594153 **Website:** www.goodcompanions.net **Email:** admin@gchc.co.uk
**Fee:** Complimentary

What happens when someone you love begins to need extra help at home? Good Companions offers a friendly, informative talk exploring the care options available to older people and their families across Cumbria. Topics include visiting home care, 24-hour live-in care, support following hospital discharge and practical considerations when choosing care. Drawing on over 25 years' experience supporting local families, we aim to help members understand their options, ask questions and make informed decisions about care for themselves or their loved ones.

### TAKE CHARGE - ENERGY ADVICE AND TALKS FOR WI MEMBERS

**Contact:** Emma Goulding **Tel:** 07745 511626 **Email:** Emma.Goulding@est.org.uk
**Website:** www.takechargetoday.co.uk. **Fee:** Free **Duration:** 45-90 minutes

Looking to save money on your energy bills and make your home more energy efficient? Take Charge is a free, impartial service that gives personalised energy advice. Our advisors offer talks on a range of topics, including electric vehicles, heat pumps, and battery storage. Our popular Solar Made Simple sessions cover solar panels, their benefits, and the exciting new plug-in solar systems. We're funded by SP Electricity North West and delivered in partnership with Citizens Advice in the North West and Energy Saving Trust. We don't sell products or recommend suppliers, just provide expert advice to help you make informed decisions.

## SPEAKERS / VISIT IDEAS CORNER Cont'd...

### PAULA of HARMONY TRAVEL - Travel Advice

**Contact:** Paula **Tel:** 07378 835171 **Email:** harmonytravel.21@gmail.com
**Fee:** Cuppa and biscuits

I'm a local independent travel adviser. I'd love to offer WI groups a friendly, informal travel talk or Q&A session. Topics can be tailored to suit the group and could include travel tips, holiday planning, city breaks, cruises, weddings and honeymoons abroad, or an "Ask a Travel Adviser" session. The aim is to make it useful, enjoyable and interactive rather than a sales presentation. If any WI groups would be interested in having me along as a guest speaker, I'd be very happy to chat about what would suit them best.

### SUZANNAH WINSOR MSc, HCPC, CNHC - Nutritional Therapy for Parkinson's Disease

**Contact:** Suzannah **Tel:** 07732 365750 **Email:** thebiomedicalnutritionist@gmail.com
**Fee:** £90 **Website**: thebiomedicalnutritionist.com

Did you know that specific foods can interfere with and block your L-DOPA medication from working properly? Suzannah's talk explores the relationship between food, gut health and Parkinson's disease, including how protein, fibre, hydration and meal timing affect medication absorption and symptom management. Learn practical ways to support your digestive system, nourish your body and look after your health alongside your medical care. An open Q&A is also included, giving you the opportunity to ask specific questions. Join Suzannah and discover simple nutrition tips you can put into practice straight away. Get your free Nutrition for Parkinson's Guidebook at my website.

### MARGARET REES - 'The Last Straw' or 'Greenesleeves and Packington's Pound'

**Contact:** Margaret **Tel:** 016973 32861 **Email:** margaret.r.rees@btinternet.com
**Fee:** £65 + 45p/mile for travel

'**The Last Straw**' - Meet an array of Corn Dollies from around the world, hear about their history and folklore. I'm one of the very few people making corn dollies now so see how they're made - and have-a-go yourselves! **'Greenesleeves and Packington's Pound'** - An introduction to the Lute and its music. I've played in the Proms, and I'm currently recording my 5th solo Lute CD - the music you'll hear comes straight from the old manuscripts: you'll be the first people for four hundred years to hear most of it - and an opportunity to meet an exotic array of musical instruments gathered on my travels and even play some of them.

### ROSIE HALSALL - Futureproof Cumbria-Futureproofing your energy

**Contact:** Rosie **Tel:** 01768 593277 **Email:** homes@futureproofcumbria.org.uk
**Fee:** Free

Futureproof Cumbria is a charity working towards a greener Cumbria that is good for people, places and livelihoods. Our Homes team supports households across the county to reduce energy costs and make homes warmer, healthier and more comfortable. This talk will explore practical ways to save energy, cut bills and improve comfort at home, from simple low-cost measures to renewable technologies. You'll also learn how to make your home more resilient to rising energy costs and discover the support available through Futureproof Cumbria, including our free, independent energy advice service for all households in Cumbria.

### Double Issue

Please note that the next issue will be a double one for December & January, so share your future and past events and news in pleny of time - deadline 16th Nov. The February issue will have a deadline for submissions of 19th Jan 2027.