

County News

Image: Lanercost Priory

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: 2024/25 Year Book updates (also emailed)

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

April Office Hours:

Changes during April:

W/c 31st March = closed

W/c 7th April = members hours will be **Mon** and **Weds** 10-1pm (closed Thurs)

W/c 14th April = Normal hours

THE MAIN EVENT

ACWW Women Walk the World - 29th April

Event Code: EPA-ACW **Event Lead:** Trish Dunant

It's not too late, you can still register for this year's walk, our main fund-raising event for ACWW. We're aiming to beat last years total of £800 from 107 walkers representing 21 WI's. Suitable clothing and footwear will be needed for this flat linear 5-mile walk alongside Thirlmere. For catering and H&S

requirements you **must register** by 17th April by giving your name and WI via **text** : 07977416961 or by **email**: trishdunant@googlemail.com. **Start Location:** Recreational Hall, Thirlmere, CA12 4TJ

Parking: At the Hall, but please car share and come early. Once spaces are gone there's parking at Legburthwaite pay car park. **Start Time:** Meet from 10am to register your arrival, **pay your £5** (you pay on the day) for your filled roll lunch and tea/coffee, but bring extra cash for traybakes and the tombola, then from 10:30, with your route description in hand you can set off. **EVERYONE** is welcome, friends, partners, and even your dogs which must be kept on their leads the whole time. There are bins along the route where poo bags can be deposited!!

Also please make sure that your WI has sent a donation to ACWW, cheques payable to ACWW.

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DEADLINE FOR SUBMISSIONS FOR ISSUE no. 394 - 18th April

A LETTER FROM YOUR COUNTY CHAIRMAN

Dear Members,

As I write this the sun is shining in a cloudless sky and I am watching the birds chasing each other, amorously, around the garden, spring is definitely on the way. ***You can make your garden even more beautiful next spring by browsing through and buying from the bulb catalogues which are starting to be distributed.***

Being a member of the W.I. has given me many opportunities to experience new things. Circle Dancing (Let us entertain you, May 2019) Ballet Dancing (ACM 2022) and Belly Dancing (Talkin W.I. March 2025) are just some examples, I wonder what it will be next... I am open to challenges!

As a Programme Secretary I am looking forward to the Social on 9th April where we can exchange ideas and get to know each other, putting faces to names.

Let us hope we have a lovely day for the ACWW Walk alongside Thirlmere on Tuesday 29th April, see you there.

Whatever you have planned in your W.I. I hope you enjoy the coming months

Kathleen Bowron

OTHER NEWS FROM THE BOARD OF TRUSTEES

⇒ Watch Parties for the NFWI ACM on 4th June -

It has proved extremely difficult to organise these as we had hoped. Halls are either not available for the time required, do not have the required internet access or are just too expensive. Your Trustees have reluctantly decided we cannot go any further with this.



We are however arranging a 'watch party' at the WI office for all named link delegates so that we can enjoy the companionship and be around to help with any technology issues on the day as delegates need to be able to vote (a letter will be going out to those delegates shortly). So here's a thought for you... Whilst you can register as an observer and watch it from home, you could also invite other members and make it into a social event? **NFWI advise:** Observer tickets are available on a donation basis, with the recommended donation for

individual tickets set at **£5**, and the recommended donation for group tickets set at **£20**.

Visit <https://www.eventbrite.co.uk/e/1043478230477?aff=oddtcreator> for more information and to purchase your tickets.

⇒ Higham Hall -

On reflection, the Trustees have decided not to proceed with a trip to Higham Hall, at least not for this or next year. However, they would like to thank those who participated in the survey asking for your preferences in the sort of courses you would like to attend. We will look at this when considering what type of events to offer you in the future and we may do another survey with specific events.

NEWS FROM YOUR SUB-COMMITTEES

ARTS, CRAFTS & LEISURE - Chairman: Mandy Henderson

Good luck to all the darts teams with the first matches taking place on the 24th March. A big thank you to all involved in arranging and hostessing the matches. We have a target shooting day on 10th May – great fun and you are inside so no getting wet! Do get your place booked. “Black work” Classes with Margaret Pattinson hope to go ahead on 5th and 19th June in the WI Office. There is much more to come; – an indoor games day in July, Crochet day and our trip in November to Thursford. Do please support these events as they are arranged for you, our members. We look forward to seeing you at some of them. Have a lovely Easter everyone!

EDUCATION & PUBLIC AFFAIRS - Chairman: Jennifer Baker

Dental Health has featured prominently in all forms of the media for several months, often depicted by how the public are coping with insufficient dentists, often with graphic results! We have a ‘Dental Health Matters’ event, see the Federation Featured Events page, which is your chance to learn about what we can do for ourselves and family members, through information on Oral Health and what is available locally.

MEMBERSHIP SUPPORT - Chairman: Dawn Eyre

Another Programme Secretaries Social - 9th May- (MS-PSS2)

Cost: £5/pp to be paid by your WI, pay on the night **Event lead:** Dawn Eyre

Venue: Lamplugh Village Hall, CA14 4SF.

You need to book your place - **Tel:** 016973 61851 or **email:** deyre67@gmail.com by 1st May. This is a social night with drinks and nibbles that will give programme secretaries a chance to share speaker information (good and bad!!) with other secretaries around the County. So get ready to share!

AND FROM OUR CLIMATE AMBASSADOR: Anne Baird

I attended the recent West Cumbria Rivers Trust (WCRT) Exhibition 'Resilient Glenderamackin' in Moot Hall, Keswick to learn of the work proposed to DEFRA to protect the local Environment from future flood & drought risks which are increasing with the changing Climate. More info <https://www.westcumbriarivertrust.org/projects/glenderamackin> . A speaker from WCRT may be available, contact vikki@westcumbriarivertrust.org to enquire.

Great Big Green Week, 7th to 15th June, is all about Swapping ! Could your WI arrange a Book /Recipe / Clothes Swap as part of your meeting or as an extra event ?? Reduce, Reuse, Recycle ♻️

Did you know...
Special dates in April

7th - World Health Day
15th - World Art Day
22nd - Earth Day



FEATURED FEDERATION EVENTS

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.

⇒ **Thursford Christmas Spectacular - Event Code:** ACL-TCS

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 and will need to be completed **Event lead:** Mandy Henderson-**Tel:** 078635 50266

Email: mandyH.WITrustee@outlook.com

More details in March issue. This trip is open to all WI members and their family and friends. Places are on a first come first served basis.

⇒ **Target Shooting - Sat 10th May 2025 - Event Code:** ACL-TS1

Event lead: Ilene Forsyth - **Tel:** 01228 791539 **Email:**

Ilene.Forsyth@icloud.com **Cost:** £25 pp **Start:** 10:00am for 10:30am start **Location:** Longtown, CA6 5ST

Cheques to: March House, 22 Netherby Rd, Longtown, CA6 5XJ.

Price includes the shooting and teas/coffees, scones and traybakes but you will need to bring your own lunch. Come and give it a try, see if you can find your inner Annie Oakley! Open to family and friends.



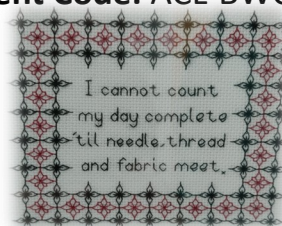
⇒ **Blackwork Classes - 5th + 18th Jun 2025 - Event Code:** ACL-BWC

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'

⇒ **Dental Health Matters - Weds 14th May - Event code:** EPA-DHM

Event lead: Jennifer Baker **Tel:** 07923 430932

Email: tonybakerdevelopments@gmail.com **Times:** 2-4pm **Cost:** £5

Cheques to: Ballacraigne, Little Salkeld, Penrith, Cumbria CA10 1NN or by BACS (details at top of page)

Location: WI Federation office, Carlisle CA3 0JG (Parking at the top of the business park) Our invited speaker is Adelle Cupid, (RNN) North Cumbria Integrated Care NHS FT with support from team members. Tickets will not be issued but booking is essential as numbers are limited. You can book your space by phoning or email.

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
April 2025						
9th: 7-9pm	Programmes Secretary Social	Mar	WI office CA3 0JG	£5	MS-PSS1	1/4/25
25 th : 7:30pm	Darts Competition – Final		Wigton Bowling Club		ACL-DT	Closed to entrants
29 th : 10am start	ACWW walk	Feb	Thirlmere	£5	EPA-ACW	17/4/25
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	30/4/25
June 2025						
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
Misc items with booking dates						
18th-21st Nov	Thursford Christmas Spectacular	Mar	Great Yarmouth	£425	ACL-TCS	31/5/25 for deposit £75

... and other dates to note/keep a watch out for more information on

Date/Time	Event	Venue	Cost
June 4 th	NFWI AGM – Delegates Watch Party	Office	£0
July 19th	Games Day	TBC	TBC
June 21st	Quizzical Walk	Cockermouth	TBC
Sept 13 th	Federation Coffee Morning	Alston	£5
Sept - TBA	Learn to Crochet	TBC	TBC

NOTES FROM THE OFFICE

- ⇒ *Officer emails:* Have you thought of having a generic email, i.e. carlislewi@gmail.com, to which all officers could have access? You can set up free ones and this would help in cases of illness/holidays etc so you don't come back to a load of WI emails. **N.B.** You'd still need your personal emails for NFWI and MyWI.

NEWS AND EVENTS FROM YOUR WI'S

⇒ **Thirlmere WI - Beamish Exhibition for International Womens Day**
Bella Chaplin-Brice kindly loaned NFWI several banners to the Beamish Event and also took along the 'Green Hearts' Banner.



Bella and Jeryl Stone

EVENTS AT YOUR WI'S - previously mentioned - Don't Forget:

⇒ **Linstock WI - Quiz Night - Mon 14th April - 7pm in Linstock WI hall.**
Tables for teams of 4 are limited, cost £7pp including supper. To book ring 01228 533387.

As you can see, not much has come through from WI's for this month. We'd love to hear and see what you've all been up to so please 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. In the meantime, here is some of what your Federation has been up to.

⇒ **Cumbria Cumberland Federation -**

International Womens Day at Pirelli - The Tyre manufacturer Pirelli issued an invitation for Trustees to attend their specially organised event to celebrate the important role women play in their two factories, being involved in every stage of tyre development and manufacture. Pirelli are the only tyre manufacturer left in the UK. Our Federation Trustees Mandy Henderson and Jennifer Baker answered the many questions and showcased the benefits of being a WI member with a table presentation of past and present resolutions, cookery books, calendars and the WI Life magazine.



Prepping for the Dabble Day

A lot of preparation goes into planning those crafty Dabble Days, here's some of the Arts, Crafts and Leisure committee members getting crafty!



OPPORTUNITIES

- ⇒ **BUILD YOUR DIGITAL CONFIDENCE** - <https://learninghub.thewi.org.uk/digital-technology/> The newest content to the WI Learning Hub, provided by Barclays Digital Wings, offer practical, easy-to-follow guidance on everything from online safety to everyday digital tasks; breaking down digital skills into bite-sized, jargon-free lessons that you can tackle at your own pace. Whether you want to video chat with grandchildren, shop safely online, or simply feel more confident with your devices, there's something for everyone, even for the more advanced amongst you. *Access to this content is free for everyone – members and non-members, so please share and encourage friends and family to join your learning journey... just click on the link above*



- ⇒ **'Have Your Say'** - The survey can be found at <https://tinyurl.com/wfmenosurvey>
My name is Ana Sarmiento. I am a PhD student from the University of Essex researching behaviour change to engage more menopausal women in team sports and physical activity closing the gender gap through an intervention. I am currently running a survey online and would love to reach out to your members to see if anyone would be interested in taking part and voicing their opinions.

- ⇒ **CUMBRIA WOMEN OF THE YEAR 2025** - yvonne.clarkson@hotmail.co.uk Tel: 07920 104488 / 01946 841126

This prestigious event, which has run for more than 30 years, celebrates the women of Cumbria who are going above and beyond to make differences across the county. Whether through fundraising for worthy causes, campaigning to raise the profile of a cause or injustice, excelling in sport or creating a sense of community to improve the quality of life for others. If you know someone that 'fits the bill' we would love to hear about them! Please nominate here: <https://www.cumbriawomenoftheyear.com/>

- ⇒ **KENDAL COLLEGE** - personnel@kendal.ac.uk

We have 300 students sitting maths and English GCSEs this May and June. We therefore need many more exam invigilators. This is an hourly paid role and supports young people hoping to pursue careers across the county. If you are interested in joining our pool of invigilators please email.

- ⇒ **DAFT AS A BRUSH CANCER PATIENT CARE** - peter.stoten@daftasabrush.org.uk

We are looking for volunteers for Ambulance Drivers, and Companions. Daft as a Brush depends on our fantastic volunteers, without them, the charity could not operate our free patient transport service. Daft as a Brush provide free transport to patients receiving cancer treatment at the Northern Centre for Cancer Care (Freeman Hospital). We have a fleet of distinctive ambulances, manned by a dedicated and compassionate team of volunteer drivers and companions.

SPEAKERS / EVENTS CORNER

Disclaimer: Some speakers/companies 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.

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

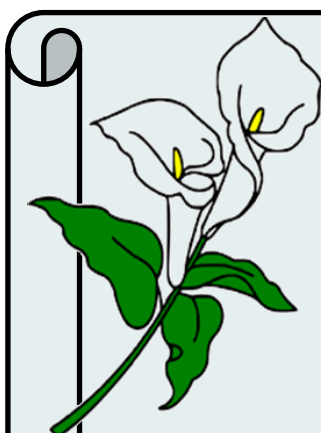
Looking for a summer outing for your WI? Why not take a trip to Theatre by the Lake and see Keswick Amateur Operatic Society's production of Dirty Rotten Scoundrels? Following the amazing success of their sell out production of The Sound of Music in 2024, the performers are excited to take you on a musical journey to the French Riviera for a hilarious tale of competition and deceit! Shows are on 22nd, 23rd, 24th and 25th May 2025.

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

Bellicon's are specially designed mini trampolines providing low impact bouncing with the option of a handle, creating a gentler approach to exercise with the focus on improving balance and stability. We want to offer your community a special opportunity to book one of our 6-week block of classes exclusively for your members together. The class can hold up to 8 participants and we would give your participants a discount of paying for 5 classes, getting 1 free. If this is something you would consider, I'd be happy to come and speak at one of your meetings to explain more about the sessions and even bring one of our mini trampolines for people to see and try. Check this out for more info: <https://www.youtube.com/watch?v=7xVbEWcBZw4>

... Contact details again from last months speakers corner

- ⇒ ALEX ASHTON - Pet blood bank: alex.ashton@petbloodbankuk.org / 07717825205 web: www.petbloodbankuk.org
- ⇒ JO MILLS - Story teller: 07957719982 / Carvetiistory@gmail.com website: Www.jomills-storyteller.co.uk
- ⇒ MARCOS KALLOU - Financial Aid marcoskallou@priorknowledge.co.uk



Gone but not forgotten
We remember

Margaret Parkinson ~ Kirkandrews on Eden
Jill Arnold ~ Penrith 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.