

County News

Image: Butterfly on Lavender

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;

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

Changes to Office Hours:

June: w/c 8th + 16th - no cover

Due to an operation and recovery time there will be no office cover for 2 wks. I will then be working from home with office attendance only on Weds but phones and email will be covered.

FEATURED EVENT

Federation Coffee Morning - £5 pp

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... and bring your friends and family!



We're going back to our values and only serving Fairtrade Teas and Coffees



CONTENTS THIS MONTH

Pg 2	Chairman's Letter; Office News + Puzzle Time
Pg 3	Sub committee news
Pg 4	Events Diary
Pg 5	Federation Events & News; Special Dates
Pg 6	Federation Events & News cont'd
Pg 7	News from your WIs; Gone but not forgotten
Pg 8	Speakers and Visits/ideas; Member opportunities; Puzzle solution

DEADLINE FOR SUBMISSIONS FOR JUL/AUG DOUBLE ISSUE no. 406: 19/6/26

A LETTER FROM YOUR COUNTY CHAIRMAN



Newcastle Building Society coffee morning

May has been quite a busy month for the Federation, we began with a new venture, a coffee morning in the Newcastle Building Society Carlisle, which was well attended, thank you. That is the venue for our Quizzical Walk on Wednesday 8th July with more details elsewhere in the magazine. We have been walking the streets of the city preparing the questions!

Target Shooting on 16th was very successful, a good time was had by all, results further on.

We had a very successful exploration meeting in Keswick re opening a new W.I. there, with lots of ladies signed up as interested, the formation meeting will take place on Wednesday 8th July, exciting times!

I have been busy contacting local businesses to find prizes for the Federation Raffle, you will receive tickets next month! So far, I have procured performance tickets and a voucher towards a pre- theatre dinner from Theatre by the Lake, Afternoon Tea for Two on the vintage bus at Bassenthwaite station, a luxury hamper of organic cheese from Torpenhow Cheese Farm, vouchers from Cranstons and Suzie Bou of Dalston plus delicious chocolates from Castle chocolates. I am still working on it so hopefully there will be more. At only £1 PER TICKET, it is a bargain.

Looking forward to seeing some of you at Glenridding Village hall for our Coffee Morning on Saturday 20th June if not before.

Kathleen

OFFICE NEWS

2027 Diaries



Due to a change in how NFWI are doing diaries this year we won't be bulk ordering from them as we have done in previous years. **They advise that** 'the diary will be available not only through the WI online shop, but also more widely in retail and they look forward to launching the diary as soon as stock is available on the WI online shop. However, to support group purchasing orders of 10 or more diaries will receive a 10% discount'.



PUZZLE TIME

Sudoku: Easy

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

ARTS, CRAFTS & LEISURE - Chairman: Mandy Henderson

We had a very successful event with the Target Shooting Day. Thank you Penny, Ann and Kris for running the event and looking after those who attended. The Pewter boxes class will also have taken place after this county news goes out and I am sure everyone will have enjoyed the day with Lesley Connolly. We also have much to look forward to: blackwork class on the 10th and 24th June with Margaret; Axe throwing and Archery Saturday 26th September... Let's hope the weather is better by then! Pewter Jewellery with Lesley again on the 30th September - more details next month. So much going on but we have a break during July and August to recharge the batteries for the rest of the year. Thanks for supporting our events as without you there would not be any!

MEMBERSHIP SUPPORT - Chairman: Sue Addyman

Earlier this month we held an "Interest Meeting" at Keswick to ascertain how much interest there was from women in the town in starting a WI.

The response was fantastic, 60 ladies attended the meeting and others since have shown an interest. This has resulted in a "Formation Meeting" being planned for July, hopefully we should soon see a new WI in Keswick Town.

Reminder for anyone interested in attending the Program Secretarys' get together at Carlisle Office on 29th June at 7pm please get in touch with me - Tel: 07956 157 449.

We are still in the planning process for a similar meeting further south in the County which will take place in September, date to be fixed.

I would encourage you all if you need anything from your Advisors get in touch. Invite us to your meeting if you like.

EDUCATION & PUBLIC AFFAIRS - Chairman: Jennifer Baker

A very successful walk for ACWW was held in Embleton with lovely weather and beautiful scenery. Thankfully our trip to the Yorkshire Sculpture Park will go ahead, I know I'm looking forward to it. After that, in June, it's time again for a 'Quizzical Walk' this time around Carlisle. Keep an eye out for more info on our Film and afternoon tea event in October.

FROM OUR CLIMATE AMBASSADOR: Anne Baird

Cumbria Nature Festival - an excellent celebration of the local planet & people. I visited for a few hours & attended talks on Blue Butterflies, Bird ringing & Local Farming. Many organisations had Information stalls & volunteering opportunities - Curlew, Badger, Pine Martin, Birds, Solway Coast, Hedgehogs, Bees & more. Activities for children & wood crafts & music & sun made a great time for all.



Great Big Green Week is 6-14th June. Can you arrange a Book / Recipe / Clothes Swap at your WI meeting and / or arrange/join in a community event ?? Keep your eye on CCFWI Facebook page for ideas & opportunities to get involved in

FEDERATION EVENTS DIARY

Date/Time	Event	Venue	Cost	Code	Closing Date
Jun 2026					
Thu 4th	NFWI - AGM watch party for delegates	WI Office	N/A	N/A	N/A
Weds 10th + 24th	Blackwork course (2-days)	WI Office	£20	ACL-BWC	Full
Weds 10th	Daytrip to Yorkshire Sculpture Park	Coach trip	£35	EPA-YSP	Closed
Sat 20th	Federation Coffee Morning	Patterdale	£5	TB-CM3	Just turn up
Mon 29th	Programme Secretary Social	WI Office	£5	MS-PSS	15th June
Jul 2026					
Weds 8th	Quizzical Walk	Carlisle	£5	EPA-QW	Just turn up
Aug 2026 = no events					
Sept 2026					
Sat 12th	Federation Coffee Morning	Woodend	£5	TB-CM4	Just turn up
Sat 26th	Axe Throwing & Archery	Windermere	£25 or £40	ACL-Ax+A	31st Aug
Weds 30th	Pewter Jewellery Workshop	WI Office	TBC	ACL-PJW	TBC

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

Date	Event	Venue
Oct 5th	Film Showing with Neil Emerys award winning documentary film-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	Arthuret Church, Longtown



ACWW Walk on 29th April at Embleton

Thank you and Well done to the wonderful WI members from 21 Women's Institutes who came to Embleton on a beautiful sunny day to walk and support Women World Wide. 79 ladies attended, 18 were unable to come on the day (but many of them still sent their registration fee).

Thanks to Graham and Eddie who had helped to prepare the walk, which gave excellent views and was enjoyed by the participants. And special thanks to the Embleton ladies who were exceptional, Hall arranged, rolls all made by 9.30, and an unbelievable amount of cake/traybake donations.

All of this meant that £905 was raised by the efforts of one and all so, less expenses on the day, £770 has been paid to ACWW. Next year we will be hosted by Uldale and Ireby on Thursday 29th April.



Target Shooting - 16th May at Longtown

On a bright day, members from various WI's from Cumberland, enjoyed a great day experiencing target shooting. It is not as easy as it looks! It was great to see members who had been before trying to improve their score from the last time and members who had not been target shooting before. A great turn out and it was lovely day for all to catch up with other members and having a good "crack" with everyone.

Congratulations to the three highest scorers:

- 1st - CAROLINE MARSDEN - Santon Bridge
- 2nd - KAREN DUCKWORTH. - Kirkandrews on Eden
- 3rd - HELEN WALDEN. - Santon Bridge

Thank you all who attended and we hope you will be back next year !



Special dates coming up next month: July

Weds 1st - International Joke Day

(Joke: Why can't you trust atoms? Because they make up everything!)

Sun 19th - National Ice Cream Day

Thurs 30th - International Friendship Day



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

FEDERATION EVENTS Cont'd...

Payments for events: Unless pay on the day, 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.

Quizzical Walk - Carlisle

Event Code: EPA-QW **Date:** Weds 8th July **Time:** 10:00 - 2:00pm

Starting and finishing: at Newcastle Building Society, 65 English St, Carlisle, CA3 8JU

Cost: £5 pp to pay on the day

This time we will be exploring Carlisle so it will be an almost flat walk on pavements but may involve raising your eyes occasionally! We will be at the start point from 10am until 2pm so you can come along any time to collect and return your entry sheets and partake of free tea/coffee and eats before and after the walk.



Programme Secretary Social

Event Code: MS-PSS **Date:** Mon 29th June **Time:** 7:00-9:00pm

Venue: WI Office, CA3 0JG **Event Lead:** Sue Addyman **Tel:** 07956 157449

Email: Susan.addyman@tiscali.co.uk **Cost:** £5pp to pay on the night (payable by your WI)



After successful events last year we're doing them again. **Book your place** and come along to this casual evening with light refreshments and no agenda. The aim of this event is to help you get planning for your 2027 programme, or to fill in those sudden blanks for this year! We ask those attending to bring with them any ideas or recommendations, along with contact info, for visits or speakers, to share with everyone else. We are also hoping to do one over in the west of the county so watch out for that one.

Axe Throwing and Archery (1 or 2 activities)

Event Code: ACL-Ax+A

Date: Sat 26th Sept

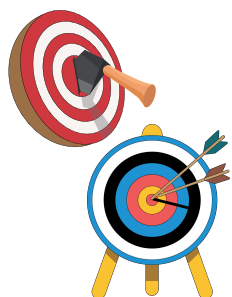
Time: 1:30 for 2:00pm start

Venue: Greythwaite Adventure, nr Hawkshead, LA12 8BA

Event Lead: Mandy Henderson

Lead Tel: 07863 550266 **Lead Email:** mandyh.witrustee@outlook.com

Cost: £25pp for one activity or £40pp for both



This takes place in a beautiful setting and is a totally new event for us, one requested by many in a survey of what members wanted.

There is plenty of parking, picnic tables, and a tipi with seating if wet! The welcome lodge has tea and coffee available but is not a cafe as such so please bear this in mind. Please don't hesitate to contact me with any questions and to book your place asap as a maximum of 40 places. You can pay by BACS (details above) or by cheque to CCFWI - Mrs M Henderson, Gill Farm, The Gill, Dalston, Carlisle, CA5 7JP

Kirkandrews on Eden WI



Enjoyed a visit to the Torpenhow Cheese Farm on 8th May. A good talk and even better sampling!



Gamblesby & District + Melmerby WI join Alston WI



On behalf of Gamblesby and Melmerby WI's , Joyce, Rachel, Rita, Sue, Jennifer and I , as always, happily accepted an invite to their May Meeting, especially as Ros Downing was their Speaker.

I have to admit though, I did wonder, a little, how even Ros could make breakfast cereals interesting ! Of course I needn't have worried because her Snap, Crackle & Pop talk really did SNAP, CRACKLE & POP. The amount of research she has put into every aspect of who, how , where & when all these household brands emerged and are mostly still around is truly amazing and made for a really interesting talk. Of course , a lovely supper then completed the evening. So thankyou Alston and Ros for a really enjoyable evening. Sandra Clifford (Trustee)

Dalston WI are having a Fashion Show

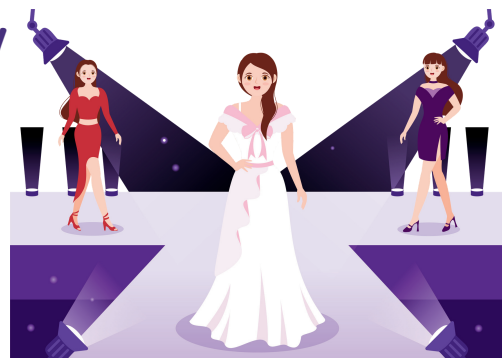
Venue: The Victory Hall, Dalston

Date + Time: 15th July 7:30pm

£2 entry on the door – includes tea and cake.

All WI ladies, and their friends and family, are warmly invited to join us for a fabulous Fashion Show hosted by Kitty Brown featuring ladies' clothing and accessories.

There will also be a raffle and plenty of opportunity for a lovely social evening with fellow WI members. We look forward to welcoming you all.



Gone but not forgotten, we remember

*Margaret Oliver - Thirlmere WI
Betty Stamper - Moresby 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.

SPEAKERS / VISIT IDEAS CORNER

PHILIP CAINE: Author of the 'JACK CASTLE' and 'SHACKLETON BLISTER' novels

www.philipcaine.com

Tel: 07709539561 **Email:** philipcaine@hotmail.com

Born in Barrow, Philip's working life began in hotels. His career developed in the oil industry and 30 years were spent in many locations around the world. From 2003, he spent 7 years in post war Baghdad with the American coalition and a further 3 years running oil services companies in Dubai. Retiring in 2015 he began WRITING & PUBLIC SPEAKING. His talk is an interesting, amusing & surprising mix of anecdotes and short stories, from his international career. NO FEE for speaking just travel cost on mileage.

MEMBER OPPORTUNITIES

CUMBRIA WOMEN OF THE YEAR 2026 - NOMINATIONS OPEN 4th MAY 2026 UNTIL 21st JUNE 2026

the process is simple and confidential, anyone can nominate a deserving woman by completing the online form which, along with more information, can be found at: www.cumbriawomenoftheyear.com or by contacting: Debbie Keighley via email: cwotyenquiries@gmail.com or tel: 07999 806966

Alongside the prestigious Cumbria Woman of the Year title, are three other categories, these are:

- **Outstanding Contribution** – recognises women who have made a significant impact in their field or community.
- **Service to the Community** – the award celebrates those who dedicate their time and efforts to improving the lives of others.
- **Special Achievement** – honours individuals who have overcome challenges or achieved remarkable success.

BECOME A DIGITAL CHAMPION WITH YOUR WI - Email: Sarah.jewell@digitalunite.com

Do you or your members struggle with technology or feel unconfident online? Many people would like support using services such as the NHS App, online banking, or video calling family and friends. **Let's Get Digital, West Cumbria** offers a free scheme helping WI members become Digital Champions. With support from Sarah Jewell, members can build their own confidence with technology and learn how to help others safely use digital services.

By supporting one another through your WI group, you can help reduce digital isolation, build confidence, and ensure more people can access the online tools they need every day. Find out more on this project [here](#) . Sarah is based in Ambleside and

can travel around the county if your group has some individuals who would be

interested in learning how to support other people as a Digital Champion. **Want to**

learn more? There's a free workshop on 24 June in Salterbeck, click [LINK](#) for more info or to book.



PUZZLE TIME

Solution

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

FROM THE EDITOR:

Please note that next month will be a double issue for July and August. Please get any events you want publicised to me in plenty of time as well as letting me know what all our WI's have been up to... with pictures!