

CUMBRIA CUMBERLAND FEDERATION OF WOMEN'S INSTITUTES

**WI OFFICE, 12A CLIFFORD COURT, COOPER WAY,
PARKHOUSE BUSINESS PARK, CARLISLE CA3 0JG**



Telephone: 01228 521774

Email: ccfsecretary@ccfwi.co.uk

Website: cumbria-cumberland.thewi.org.uk



Office Hours: Wednesday & Thursday 10.00am to 1.00pm

Chairman: Kathleen Bowron

390

Honorary Treasurer: Ann Kirkpatrick

December 2024/January 2025

Federation Secretary: Lesley Porter

Editor: Jennifer Baker



COUNTY NEWS



Dear Fellow Members

This double issue of County News says Farewell to 2024 and Welcome to 2025. I am sure that your WI will be celebrating December with an extra special meeting. I do hope that you all have a wonderful time.

It was lovely to see a few of you at Thirlmere on 16th November, thank you for your support. We had a lovely warm welcome from our members there for our Trustees Coffee Morning. Other members had travelled from Embleton, Ivegill, Moresby and Scotby with Trustees from Cockermouth, Dundraw, Gamblesby, Kirkandrews on Eden, Longtown, Melmerby and Stoneraise Wreay & District; we were a well – travelled group!

Your Trustees are busy planning lots of exciting things for 2025 but if you have any suggestions, please let us have them, we do want to organise things YOU want. The February County News will give details of events in the Spring. I am sure that 2025 will be a great year for our Federation and for your WI. Do invite other friends to join some of your meetings as well as Federation events, that way we may grow again in 2025. Whatever you may be doing over the next few weeks I do hope that you have a happy and peaceful time and that you are really looking forward to 2025.



Kathleen
County Chairman



BOARD OF TRUSTEES

Please note the office will be closed for the Christmas break from Thursday December 19th and will reopen on Thursday January 2nd when normal office hours will resume.

County Vice Chairman Penny Coulthard laid a poppy wreath in Carlisle city centre on Remembrance Sunday on behalf of the Federation



The County Raffle was drawn at the Federation Coffee Morning held in Thirlmere Recreation Hall on Saturday November 16th.

Lucky prize winners were:- 1st. Gladys Hogg £100 2nd M Harmison £50
3rd Pat Faulder £25 4th Jane Hurd £25

Congratulations to you all and many thanks to everyone who bought tickets.

At the same event the **200 Club** first draw of the new season took place, resulting in 4 lucky prize winners. 1st Kirkandrews on Eden WI £90 2nd Rosley WI £50
3rd Elsie Bell, Caldbeck WI £25 4th Pam Haynes, Hayton WI £25.

We congratulate you all.

Many thanks to everyone who bought a Quiz Sheet at our Annual Council Meeting at the Green Hill Hotel. We sold 51 sheets altogether; a magnificent response.

The most correct answers 33/36 were received from Ann Cooper, Gosforth WI and 26/36 Mary Brown, Hayton WI. Congratulations to you both. Please collect your prize at the Carol Service.

The Trustees invite WIs to apply to hold one of the four Federation Coffee Mornings in their area during 2025. Trustees will provide all the refreshments and book and pay for hiring the chosen halls.

To register your interest or for more information please contact the office by email ccfsecretary@ccfwi.co.uk or speak to one of the Trustees.

2025 FEDERATION CALENDAR

Excellent value at £4, containing beautiful pictures of local wildlife sent in by our members, not too heavy to post and easily available at all the Federation events or collected from the office during normal open hours.

2026 FEDERATION CALENDAR

We hope you are finding "Tourist Attractions" in Cumbria to photograph for our 2026 Calendar. They must be 7" x 5" Landscape format. We would prefer to receive them digitally, but hard copy is also acceptable. Please enclose a stamped addressed envelope for their return. People included in the photograph should have given their permission. Closing date is January 9th 2025

Please mark your envelope **2026 Calendar**





A note from your secretary

County Newsletters for 2025

This is the last newsletter for this year so if your WI would like more than the one free printed copy of the newsletter, please fill in and return your County News Order Forms to the WI office asap. Thank you.

Office Closure

The office will be closed from 19th Dec and re-open on Thurs 2nd Jan 2025 when normal office hours/days resume.

Have a very lovely Christmas



ENCLOSURES

2024/25 Block insurance form, Pro-Rata (Qtr 2+3) subs form, Annual Report form, Year Book updates

TO ALL SECRETARIES Could you please check monthly, that the enclosures listed in the County News match what is in your envelope. If you are missing anything, please contact the Secretary at WI Office. Tel. 01228521774.

NEWS FROM ANNE BAIRD OUR FEDERATION CLIMATE AMBASSADOR

The Climate & Nature Bill is being backed by NFWI - contact your MP to let them know you care and would like them to vote for this in Parliament.

Find out more and sign up - <https://www.zerohour.uk/>

Christmas is almost here. Please choose homemade, pre-loved, recycled and local, Fairtrade, seasonal and sustainable gifts and food for yourself, family and friends this Christmas & New Year.

Roll of Honour

Latest details entered on the Roll of Honour

Ann Bovill

Westward WI

Gone but not forgotten

*We will remember her bringing joy
and friendship to our meetings*

A FOND NOTE FROM YOUR EDITOR

As I complete this newsletter, it will be my final one in the role as your Editor. I have enjoyed doing this for many years, but it is time for the newsletter to be refreshed and this will be by Lesley our Federation Secretary.

Thank you all for the hundreds of articles you have sent me over time and all the prompt responses, which have been greatly appreciated.

Jennifer Baker



VERY IMPORTANT RELEASE FROM NFWI
Issues creating and updating MCS records

We're aware that the latest version of the Edge browser is preventing MCS users from being able to add new members or amend member details. We're looking into this but for now please try using an alternative web browser such as Google Chrome or Mozilla Firefox. Alternatively please forward your request on to hq@nfwf.org.uk

CALENDAR OF EVENTS

DECEMBER 2024	
7th Federation Carol Service Egremont St. Mary's & St. Michael's Church	

2025 PROVISIONAL EVENTS

Some events we are planning to hold in 2025; please pencil them in to your new diary and look for early details as they emerge in County News.

INTERNATIONAL WOMEN'S DAY March 8th We are going to do something really different.

A LITERARY LUNCH Date and venue unknown at this point, but using a Country House Hotel and recommended author.

NFWI ANNUAL MEETING See and hear all the action by ZOOM at a Cumbrian venue.

COURSE AT HIGHAM HALL Subject and date still to be arranged.

CHRISTMAS VISIT TO SHOW AT THURSFORD, NORFOLK.

Plus everything our hard working sub committees are working on for your benefit during the coming year.

NEWS FROM THE SUB COMMITTEES

EDUCATION & PUBLIC AFFAIRS

Our Annual Meeting Quiz was wonderfully supported. Many thanks indeed.

Our 2 winners are shown on page 2.

We hope to have news about a Quizzical Walk soon.

We are currently working on a campaign to support the NFWI Resolution Dental Health Matters, where all members are being encouraged to write to their MP (template available) and/or sign a petition to save NHS Dentistry and make it fit for the 21st century. UPDATE available after E&PA meeting 3.12.24.



MORE NEWS FROM THE SUB COMMITTEES

ARTS, CRAFTS & LEISURE

Thank you so much to those who entered our annual quiz on November 7th. At Bigrigg, they had more teams than they expected. As a result they had a few hiccups which delayed the start of the quiz. In true WI fashion they improvised and made it a success. Penny and her team apologise and would like to thank them all for their patience and understanding. They had a great night with Embleton WI (C) winning and Embleton WI (A) bringing up the rear! Dalston had 19 teams. The winning team by half a point, following a tie-breaker question, was Stoneraise, Wreay and District WI and the 'bamboo' spoons went to Warwick Bridge WI. Thank you to all involved at both venues, especially our quiz writers, Kathleen and Penny and all the members who came. A fun night had by all.

Please don't forget your entries for the Team Darts. We are in the process of planning the 2025 programme – a recycling dabble day, (**start collecting your clean, odd and holey socks for one activity!**), Sports day with a difference, crochet class(es) and much more. We would love to see you soon at one of our events but keep sending in the ideas – we have some great ones to look into.

Please watch this space for details of an Easter Dabble Day currently being planned by the Dabble Day team.

We were really disappointed to have to cancel our Dabble Day on 23rd November but the weather conditions throughout the area were very much against us and we felt it was much better to be safe than sorry.

Thank you once again for your continued support. All the best and hope to see you at the Carol service.

MEMBERSHIP SUPPORT

Hi all – just a quick word from your Advisers. If you can't attend the Forums we are putting on for Officers, we wanted to remind you about the resources you can use on line to help you to run your WI.

Just go to MY WI on - mywi.thewi.org.uk

Select from the headings **Running Your WI**

Now select **WI Positions** and you can find Information for all your officers positions including President, Secretary, Treasurer and MCS Rep.

Once again we want to remind you that we only have 5 WI Advisers to cover Cumbria and that if there are any of you out there who would like to know more please get in touch with any of us and we will be happy to talk to you about it.

Just a few reasons to become an Adviser.

Get to know how different WIs work within the WI ethos and constitution. (all WIs are unique).

Help Officers to run their WI

Give WIs help with producing an interesting programme

Help members to understand how the WI hierarchy works—NFWI – Federation – Local WI

Open new WIs





SPEAKERS UPDATE

JOHN LEADBEATER is a Supporter Relations Officer with MACS, combatting loneliness and isolation among individuals with Microphthalmia, Anophthalmia, and Coloboma (MACS) through their Adult Volunteer Programme. It has recently been MACS Awareness Week! It's not too late to arrange a presentation to hear more about MACS and their exciting new Regional Volunteers Programme! MACS is the only UK charity dedicated to supporting individuals born without eyes and with underdeveloped eyes.

A Regional Volunteers programme was launched recently to recruit one MACS parent volunteer and one MACS adult volunteer for each of their twelve regions across the UK. These volunteers will facilitate meetings, workshops, and social gatherings, providing a safe and supportive environment for older members. There are 74 MACS adults in the North West and John is looking to recruit a volunteer to bring them together more regularly. Can you help impact the lives of MACS adults in your community, providing essential support and companionship? As a MACS adult himself, he can attest to the transformative impact of this community. He regained the confidence to return to employment and no longer feels isolated. If you would like someone to speak at your WI meeting or need more information, please contact John by email john@macs.org.uk

HARRY NAVINSKI is a *Cumbrian crime author, living just outside Cockermouth in the north of the county. He also has a base in Southeast Cumbria, so is able to travel to venues in any part of Cumbria. His talk is entitled Craft Apprentice to Crime Author and covers his Royal Air Force career, his time on voluntary service in India on anti-human-trafficking work, then moves into his period as a crime writer. The novels are set in 2015 but there's a back story with links to Victorian London and Sherlock Holmes.*

The talk can last from thirty minutes to one hour, depending on each audience's requirements. He has a presentation or can talk without slides.

Please get in touch via email to harry@harrynavinski.com, or telephone 07702 185066 if you wish to discuss dates for a talk. He does not charge a fee to speak, although help towards travelling costs, or a donation towards the Indian project that will be mentioned in the talk, would be most welcome at each WI's discretion.

WENDY FIELDING After more than 20 years involvement with Leprosy Mission she has recently become a volunteer speaker. Based in Carlisle, she would be happy to give talks to interested WIs. For more information please contact Wendy by email.

1wendyfielding@gmail.com



SPEAKERS UPDATE CONTINUED



JANE BROWN Is an Independent Thermomix Advisor and has been in contact with some SWI groups and thought she should make contact with WIs in the Carlisle area. She wonders if any WI might be interested in having a cooking experience with Thermomix TM6. Jane would be more than happy to travel anywhere in the Carlisle area, having team members in Carlisle also. As the daughter of a long standing "SWI Rural" member, Jane is fully aware of all the housewife and handicraft tests that used to be done, and why members might not feel that Thermomix is relevant for our talented membership. But her aim is to raise awareness of how Thermomix can help in the kitchen for many people, for instance someone who can't stand for long, or have arthritic hands. Or particularly to save time when everyone is time poor! Jane would be delighted to step in if you have any last minute cancellations. For more information please contact Jane either by email jgb1402@hotmail.co.uk or ring her Mobile 07749298831.

ELAINE TRUCKELL works as a Volunteer Co-ordinator for Carlisle & Eden Carer Support. The organisation provides support for unpaid Carers. Elaine wonders if you would be interested in her giving a talk to your WI about how they can help people in the community. Please telephone 01228 580214 for more information or email Elaine@carlisle-eden-carers.org.uk

LEANNE FISHER is Education and Wellbeing Team Leader at Watchtree Nature Reserve which is a registered charity. They are hosting a popular Christmas event this year, with a meet and greet Santa in their woodland grotto. They are decorating the woodland space with pompoms and are looking to recruit an army of volunteers ready to make the pompoms. She wondered if there was an opportunity for WI members to help with that, or if you would like to support them by donating some double knit or chunky wool to them in festive colours? Please telephone 01228 712539 or **email** learning@watchtree.co.uk for more details.





*The Trustees
would like to
wish all our
members a happy
Christmas and a
peaceful 2025.*