

## OCTOBER 2017



# PUTLEY



### HFWI WI House

90 St Owen Street, Hereford HR1 2QD

Tel: Main Office (01432) 272268

E-mail: [fedsec.hfwie@gmail.com](mailto:fedsec.hfwie@gmail.com)

[www.thewi.org.uk/herefordshire](http://www.thewi.org.uk/herefordshire)

<https://www.facebook.com/Herefordshirefederationofwomensinstitutes>

The contributors to this newsletter are responsible for the accuracy of their information, and should be contacted direct with any queries .

2017 Edition 8 — 30p

Federation Chairman - Val Lewis

Federation Secretary - Pauline Shannon

HFWI Charity No: 1056051

OFFICE OPENING HOURS: Tuesday and Wednesday 9.30 - 2.30pm

theWI  
INSPIRING WOMEN

1915

FOR 100 YEARS

2015

## Herefordshire

## CHAIRMAN'S CHATTER

Dear Ladies

I hope that you have had a lovely summer break and are feeling enthusiastic and raring to go! Or maybe not! The weather this summer has not been the long hot summer that we all seem to remember of our youth, but we have had some nice days to get out and recharge the batteries. I have visited many WI's and met lots of lovely members.

I would like to say thank you to all the members of the Committees of our WIs and sub-Committees for the work they do for all of us, which involves them giving their time to organise meetings and events. We all benefit from this and don't tell them often enough how appreciated they are. Without these people there would not be an organization and that would be a terrible shame. There are many ways to "give" your time to the WI to help it run smoothly. For example, we are trying to get groups together to organize our Centenary celebrations for the members to take part in and enjoy - anyone can have an input however small. We hope to plan many events to celebrate this momentous event and I feel very privileged that I will be involved. We are also trying to get a Sports and Leisure group together for the members to benefit from. There are other things going on, but we need the involvement of the members.

I appreciate that everyone has a busy life and some of us have health issues that you may feel stops you from volunteering, but we would really appreciate your help, and there is always a small part that anyone can be involved in. Please contact me to ask about joining the teams.

I am incredibly grateful to all of you ladies who are giving to the Herefordshire WI and are helping to make it the successful growing Federation that it is. Without Officers running each individual WI, there would be no Federation or National WI.

Many, Many Thanks

Val

Val Lewis, Telephone: 01544 327700 Email: chair.hfwie@gmail.com

## CHRISTMAS CAROL CONCERT—MONDAY 4TH DECEMBER 2017



Val Lewis would like to extend an invitation to all members to join the Trustees for an evening of carols and music at:

**Holy Trinity Church, Whitecross Road, Hereford, HR4 ODU  
commencing at 7.00pm (see enclosure)**

**Cost per person £5.00 which includes mince pies  
and mulled wine at the end of the concert**

In order to help make the evening a great success and, as in the past, we would like to ask for volunteers from WIs to supply mince pies on the night and also to do poetry readings at the event. Val Lewis will supply the mulled wine as a thank you to members for their support during the year. Please contact Jane or Pauline at WI House on 01432 272268 or email fedsec.hfwie@gmail.com to let us know if you can help.

## HFWI Centenary Celebrations

As I hope that most of you are aware we are celebrating 100 years of Herefordshire Federation of the Women's Institute in 2020. We will start the celebrations in 2019 and, as it is WI, we need a committee to start arranging the celebrations. The first meeting will be in January. The time of the meeting will be decided when I know who would like to join in as I would like to involve all members, even those who are working. Please let me know if you would like to be involved.

**We need a suitable Logo for our celebrations.** Are there any artistic ladies who can design something that we can use? It would need to include our name and make it eye catching, but simple enough to be used to print on memorabilia that we may get such as mugs or a badge. This is a competition, the prize is the knowledge that you have been involved in our 100 year celebrations, and your name will be noted in the records of this event. The closing date for this is 1<sup>st</sup> January 2018.

Deciding on the winning logo will be one of the first jobs of the Centenary committee. Get designing!!! Val Lewis

**COPY DEADLINE FOR NOVEMBER NEWSLETTER TUESDAY 10 OCTOBER 2017**  
**Please note late contributors may not be accepted for the current Newsletter**

## FUNDRAISING COMMITTEE

# Colours.

### COLOURS FASHION SHOW

**WEDNESDAY 25TH OCTOBER 2017 Sutton St Nicholas Starts at 7.00pm**

**Cost is £7.50 including food and wine**

Great opportunity to buy outlet clothes at bargain prices. Selling outlet clothes by Per Una, Next, Coast, Phase Eight, Top Shop and Wallis. You can buy on the night and there are changing rooms available. We will be holding a raffle with the top prize £50 pounds to spend on clothes.

**Please tell all your friends and relations about the wonderful bargains you can get and bring them along. The evening is not just for WI members. We need to get at least 75 people otherwise we lose our deposit—please support us.**

**Please contact Eileen Dilley, Bramley, Sutton St Nicholas, Hereford, HR1 3AY. Tel : 01432 880527. The event is not until end October, so the closing date on the enclosure has been extended**

### SHOPPING AND POPPIES

**Wednesday 15<sup>th</sup> November 2017 - Cost £17.00**

Travel to Tetbury in the morning for coffee and shopping in this lovely market town, then onto Cirencester in the afternoon to visit St John the Baptist Church where many hand knitted and crocheted poppies will be displayed following Armistice Day. From here we can go to the Craft Fair in the Corn Hall or spend time shopping in Cirencester.

**See enclosure for full details**

**Please contact Eileen Dilley, Bramley, Sutton St Nicholas, Hereford, HR1 3AY. Tel : 01432 880527**

### CHRISTMAS OUTING TO CHESTER

**TUESDAY 12TH DECEMBER 2017 Cost £35.00**

An early start, I know, but we will travel to Cheshire Oaks Outlet Village to spend a couple of hours shopping, then onto Chester for a lovely afternoon of Christmas Shopping with afternoon tea included in the price. There is also the Chester Christmas market, with over 70 traditional wooden chalets situated in the heart of Chester. See enclosure for full details.

**Please contact Eileen Dilley, Bramley, Sutton St Nicholas, Hereford, HR1 3AY. Tel : 01432 880527**

## EDUCATION AND PUBLIC AFFAIRS

### INTERNATIONAL EVENING - A TASTE OF INDIA with Rayeesa Anghar-Sandys

Come and enjoy an evening of Indian food and gain valuable tips from Rayeesa on curry making on 16th October 2017 at Lady Emily Community Hall, Tarrington HR1 4EX

**Cost: £12.50 Time: 7.00pm for 7.30pm**

**See enclosure for full details. Contact Veronica Madgen or Jacqui**

**Woodhouse for bookings. There will be curries to suit all tastes; Hot, Medium, Mild and Vegetarian**



[www.rayeesasindiankitchen.com](http://www.rayeesasindiankitchen.com)

### DIARY OF EVENTS - OCTOBER 2017

DATE	EVENT	VENUE	COST	TIME
2 OCTOBER	WIGHTWICK MANOR	WOLVERHAMPTON	£26/£16	see enclosure
6 OCTOBER	DRIVER REFRESHER COURSE	SAXON HALL, HOARWITHTY ROAD, HEREFORD	£30.00	tba
7 OCTOBER	HFWI CRAFT TASTER DAY	SIMPSON HALL, BURGHILL	£20.00	10am
16 OCTOBER	INTERNATIONAL EVENING - INDIA	TARRINGTON HALL	£12.50	7.30pm
25 OCTOBER	COLOURS FASHION SHOW	SUTTON ST NICHOLAS	£7.50	7.00pm
15 NOVEMBER	POPIES OF REMEMBRANCE	TETBURY AND CIRENCESTER	£17.00	see itinerary
19-20 NOVEMBER	DENMAN TASTER DAY	DENMAN COLLEGE	see itinerary	see itinerary
4 DECEMBER	CHRISTMAS CAROL CONCERT	HOLY TRINITY CHURCH, HEREFORD	£5.00	7.00pm
12 DECEMBER	CHRISTMAS OUTING	CHESTER	£35.00	see itinerary
29 JANUARY 2018	SPEAKERS' AUDITION EVENING	ST JOHNS, ST OWEN STREET, HEREFORD	£5.00	7.00pm
14 MAY 2018	ANNUAL COUNCIL MEETING	THREE COUNTIES HOTEL, HEREFORD	tba	10am
6 JUNE 2018	NATIONAL ANNUAL MEETING	MOTORPOINT ARENA, CARDIFF	tba	see itinerary

## DENMAN REPORT



A big thank you for all members that have helped raised funds for the Denman Appeal. We have raised £407,790.52 and we hope in the next few months to achieve the £500,000 target by March next year. So please carry on the good work and have a look at the WI Life for September to give you ideas of fundraising.

There are still a few places on our residential day - spaces for cookery, patchwork and fabric flower corsage work. Sunday 19<sup>th</sup> November to Monday 20<sup>th</sup> November. This will be a fun weekend designed for you to take time out for yourself. If you would like any details on this weekend, please ring me on 07415 655126 or text me and I will ring you back

We will be picking up members at Leominster, Hereford and Ross on Wye. The coach is for everyone going on this weekend. You are picked up and brought back by coach so all you have to do is enjoy yourself and, of course, learn something new on your chosen course. If you need any information about anything Denman, please ring me or leave a text and I will ring you back. Jenny Winchester, Denman Ambassador, 07415 655126

## 2019 CALENDAR COMPETITION

The theme for this year's entries is  
**"AGRICULTURAL COUNTY OF HEREFORDSHIRE"**

Please start taking photos each month and send them in to Val Lewis by  
1<sup>st</sup> February 2018 - telephone: 01544 327700 Email: chair.hfwie@gmail.com

### SEASONAL RECIPES FOR THE CALENDAR

We also would like our WI members' seasonal recipes to put on the back of the calendar—these should be recipes which contain fresh produce available during each month. Please submit to Val—details as above.

## MEMBERSHIP SUPPORT COMMITTEE (MSC)

**New WI Adviser:** Alison Lord has successfully completed her training and is now a fully-fledged WI Adviser. Many of you will have already met Alison in her role as the Federation's Digital Team Leader as well as at WI meetings and workshops and I know she will be a great asset to the Federation as a WI Adviser.  
Angela Southwell, Chairman MSC

## DIGITAL NEWS

My WI: if you have not yet received your password (the automatic roll out has not gone well) go to the first page of the NFWI website and there is a big notice to help you there. Most of the information about running your WI is now on there instead of the Moodle.

I have been asked if I am doing another course on familiarizing yourself with Facebook, and also the Kindle Fire, so please let me know if you are interested and I will set dates.

If you are worried about your falling membership, perhaps this autumn you could think about setting up a webpage or Facebook page to publicise yourself to your local community and encourage new members?

Please contact me if you require any help; the Herefordshire WI website address and Facebook address are always on the front page of the newsletter.

Alison Lord                      digitalchampion.hfwie@gmail.com      01544 340256



Remember 2018 diaries and calendars are in stock so we can make up your orders and put ready for your collection as soon as we receive them.

### Members of the BOARD OF TRUSTEES

Val Lewis—Chairman  
Jacqui Woodhouse and Pat Lemin - Joint Vice Chairmen  
Jenny Holmes—Federation Treasurer  
Cicely Symonds - Trustee  
June Stephens - Trustee  
Veronica Madgen—Trustee  
Jenny Winchester—Trustee  
Margaret Simcock—Trustee

### HANDICRAFTS CLUB

The club meets at the Salvation Army Citadel, Edgar Street on first Wednesdays, 11am—12.15pm. Subscription £6, visitors £1.00. Enquiries please to: Mrs Galle Harris, Chairman  
Tel: 01432 649598.  
We next meet on 5 October to hear Peter King talk on Metal Sculpture. On 1 November our Speaker is Colette Gray who talks about folk costumes of Russia, Poland and Eastern Europe.

## SPOTLIGHT



# In Putley, we really love our WI...

We are also incredibly proud to say we were founded in 1921 and celebrated our 95th year, last year, with a beautiful summer garden party.

One of our members once said to me "WI is like an extended family. If you get stuck with anything you can always ask one of the girls!" But you don't have to be stuck with anything, you might just want to tell everyone what's going on, have a laugh, share a situation or just 'rock up' and enjoy a couple of hours of learning something new from the speaker.

We are very much an orchard loving bunch. The seasons revolve around our orchards. Sweet juices and fabulous ciders, born from the blossom that excites us all in May. We have a beautiful church and a great village hall (in which we meet each month), but it's the orchards that drive the festivities in the village.

We celebrate Blossom-time in Putley with cider and juices from the previous year's harvest, and of course, feel a great need for cakes too, so we all bake like mad and serve hundreds of teas, to raise money for the village hall that we meet in each month.

Our WI year kicked off in January with a 'no need to knead' bread making demonstration complete with delicious tastings. We brightened February with a Hawaiian flavour; music and talk about the Ukulele. We laughed and sang a lot that night! Great tastings of wine and a fantastic talk from local vineyards delighted us all the following month.

As winter fast approaches and the Apples are gathered in, we are looking forward to an interesting talk from a Polar consultant! Let's hope he doesn't bring the weather with him! Our year ends with a fabulous Christmas Dinner, where we feast, have fun and distribute our awards.

Fabulous cookery demonstrations await us in 2018, and even a talk about Planning your life! Where else can you get such a varied range of talks, learn so much, and have a great set of girl friends from all sorts of backgrounds? Thank you Putley WI, it's great to belong!

*Putley WI continues to thrive with over 50 members.*

*If you would like any further information contact: Julie Crompton, Putley WI secretary on 01531 670340*

Putley WI meet every second Wednesday at Putley Parish Hall at 7.45pm.

**Next Month's Spotlight article will be on PONTRILAS WI**

### NATIONAL ANNUAL MEETING 2018

The 2018 Annual Meeting will take place at the Motorpoint Arena in Cardiff on Wednesday 6 June 2018. The Federation will arrange coach travel to and from the Arena on this date. As the meeting is in Cardiff, no overnight accommodation is necessary.

Full details for delegates and advisers will be available later this year.

Observer tickets will be available from end October 2017 at a cost of £20 each. Observers will also pay £18 per person for the coach travel. Look out for the enclosures with the November mailing.

### ANNUAL COUNCIL MEETING 2018

The Annual Council Meeting for 2018 will be held on Monday 14 May 2018, commencing at 10am. We are booking an expert from the Antiques Roadshow to speak to us, as well as entertainment from a local musician and winners of the Cogan Cup. Watch this space for further details.

**THANK YOU for the following donation towards Federation Funds  
Pencombe & Little Cowarne donated £13.70 from their Group Meeting**

# CAMPAIGNS



"Microplastic fibres are shed from synthetic clothing with every wash and are the main contributors to microplastic contamination of the oceans. The NFWI calls on Government and industry to research and develop innovative solutions to this problem in order to stop the accumulation of microplastic fibres in our oceans"

Ashley Green WI, Buckinghamshire Federation

## What are microplastic fibres?

Microplastic fibres are small plastic fragments 5mm or smaller that are shed from synthetic clothes when laundered and end up in the sea and wider environment. The scale of the problem is large; millions of people wash their clothes every week,

shedding these tiny particles that are too small to be caught by the machine's filters, flowing into the sewage system and eventually into the ocean.

Due to their small size microplastic

fibres are readily ingested by aquatic life, filling up their stomachs which can eventually cause death. We also know that these fibres are ending up in the food we eat, the long term effects of which are not yet clear.

**OVER A MILLION**  
tonnes of clothing was purchased in the UK in 2016

**36 BILLION**  
loads of clothes are washed every year across Europe

**BY 2050**  
there could be more plastic in the sea than fish

Get involved—things you can do

1. Learn more and raise awareness
2. Engage with your MP
3. Register your interest in taking part in research
4. Hold an End Plastic Soup Awareness Day

Full details are on the WI website and in the mailing which came out to Secretaries in August 2017. If you could like the Federation to organise a local event, let us know. You can also arrange a local awareness event.



## Link Together to alleviate loneliness

*This meeting calls on every WI and the NFWI to work alongside health and social care providers and their local communities to raise awareness of the causes and impacts of loneliness, thus ensuring better identification of lonely people in order to be able to offer them the appropriate support and assistance*

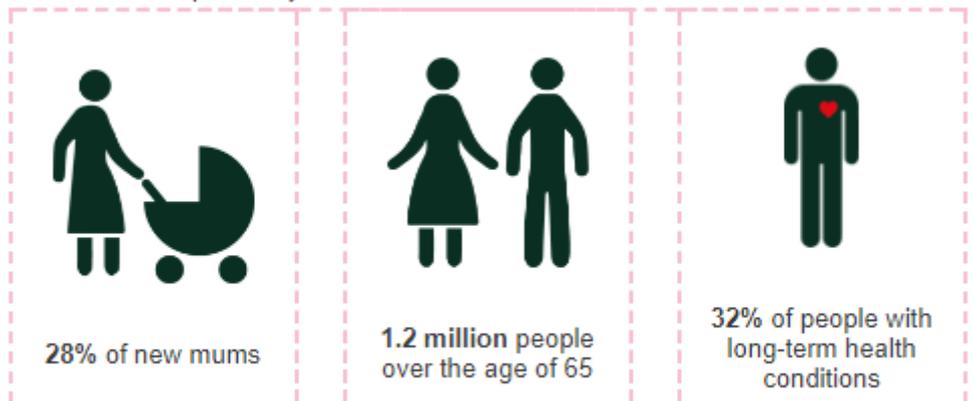
Proposed by North Cave WI, East Yorkshire Federation

How we can help -

1. Continue to make our WIs open and welcoming
2. Share your ideas and experiences on how to tackle loneliness
3. Contact your MP to find out if they are holding a Loneliness Summit
4. Take part in World Kindness Day—17 November 2017
5. Ask Local Health Services to make loneliness a priority
6. Spread the word about our Campaign

## Did you know?

Loneliness is reported by:



However:  
75% of people who are lonely do not know where to turn to for support

To place your advertisements, Mrs. Ann Wood, Langtoft, Eardisley, Herefordshire, HR3 6PP Tel: 01544 327237  
 Email: annandrod.284@gmail.com Copy and Payment by the 1<sup>st</sup> of previous month

ADVERTISE your church fete/sale, Charity event, delicious W.I. Teas, coffee mornings and entertainment, etc. 20p per word. PUBLICISE your business across the county from only £20 per monthly issue.  
**NO EXTRA CHARGE FOR BOX. TO SECURE YOUR SPACE SEND your advert, issue/months requested**

cleanian  
**CLEARLY THE CLEANEST**

Carpet and Upholstery Cleaning Specialist,  
all carpets, curtains and upholstery  
carefully and conscientiously cleaned.

**Give your home a fresh look  
 TOUCH, SEE, SMELL AND FEEL  
 THE DIFFERENCE**

**IAN JONES, HOME FARM COTTAGE  
 Tel: 01531 566012 EASTNOR  
 0800 085 4425 LEDBURY  
 MOBILE: 07831 332226 HR9 1RD**

**Madley Craft Exhibition 2017**

18<sup>th</sup> November - 11am - 3pm  
 At Madley Parish Hall  
 Exhibition of Members Crafts  
 Items for Sale  
 Workshops  
 Refreshments  
 Free Entry  
 Contact: janclark@clara.co.uk

A Warm Welcome awaits visitors to  
**TARRINGTON CRAFT GROUP'S  
 OPEN DAY**

At Lady Emily Hall, Tarrington  
 11am - 3pm Tuesday 14<sup>th</sup> November  
 Exhibition of members' crafts  
 Items for sale, including Christmas gifts  
 Refreshments and raffle

**Hereford Guild of Guides**

Daily guided walks (no need to book)  
 May 6<sup>th</sup> - Oct 31<sup>st</sup>,  
 Mon-Sat: 11.30am; Sunday 2.30pm;  
 From main entrance to Cathedral  
 Tickets from Cathedral Shop/Guide  
 Themed, booked walks all year:  
 Tel: 01981 590603 or 07527 993054

[herefordguidedwalks.org.uk](http://herefordguidedwalks.org.uk)

**Out of Nature Sculpture Show**

Newport House, Almeley HR3 6LL  
**1-22 October 2017 10.30-17.30**  
**Preview 30 Sept: Entrance £5.00**  
 Around 200 sculptures by over 40 artists;  
 Stunning gardens and setting;  
 Delicious refreshments on sale.  
 Full details [www.outofnature.org.uk](http://www.outofnature.org.uk)  
 Proceeds to The Cart Shed Charity no.1167802

**A Remarkable Christmas Experience**

The Hall at Abbey Cwm Hir near Llandrindod Wells in Mid Wales is a celebrated tours venue with its combination of gothic architecture, stunning interiors, fascinating collections and beautiful gardens. The house will again be decorated in all 52 rooms for Christmas from 1<sup>st</sup> Nov 2017 to 6<sup>th</sup> Jan 2018.

Each room will have its own Christmas tree and individual decorative theme.

Entrance is £16.00pp for the house tour, or £14.00p for groups or return visitors.

Booking for individuals, small and large groups are now being taken on 01597 851727 or by  
 Emailing: [info@abbeycwmhir.com](mailto:info@abbeycwmhir.com) Gift vouchers are also available.

**TAPESTRY CANVASES**

Beautifully stretched and made into cushions, bell-pulls, rugs, etc. Cheltenham 01242 233883

The right is reserved to refuse any article or Advertisement and to condense W.I. News.  
 We do not accept responsibility for any Advertisements published in the newsletter.

# WI FORUM



**BRAMPTON BRYAN** had a very interesting talk from Libby Dolloway and Lesley Fleming from the Samaritans. They learnt about the founder, Chad Varah, and its history since 1953. Nowadays people can contact the Samaritans via all internet methods and text message as well as by phone; there are few personal callers. The speakers performed a role play to demonstrate how volunteers listen and focus on the caller in distress. There are about 100 volunteers in the Hereford area. Gill Sumner gave the vote of thanks.

**CRADLEY** had a 'DIY' theme – members were invited to share their experiences, thoughts or passions. One member overcame a terror of getting her face wet to develop a passion for scuba diving; another has become a keen motor biker (pillion only!) donning leathers or equivalent to travel across Europe. We have a child TV star in our midst, who took the experience into amateur dramatics; another has spent leisure time camping or sailing in unlikely places around the globe; and we learnt about experiences working in the former asylum at Powick - a very different world. We heard fascinating memories of living in East Africa as it approached independence, and of the establishment of an Arts festival in Malvern.

In August **PEMBRIDGE** were entertained by Carole Dowding who spoke about how, in her youth, she learnt to fly a helicopter.



**SALTMARSH & DISTRICT** had a summer outing to Croome Court and enjoyed an exclusive guided tour of the privately owned walled gardens there. Britain's largest. Lunch in Croome Court itself was much appreciated and then we took ourselves round the magnificent country house and grounds, once home to the Earl of Coventry, returning for tea and cake in the Wartime Visitor Centre.

A number of ladies from **ASTON INGHAM** went to Weston Hall gardens by kind permission of Mr Aldrich Blake. Our host gave us lots of information about the gardens, then left us free to explore. There was an amazing perfumed magnolia and paniculata hydrangeas, as well as many other plants. There was a thriving vegetable garden, a greenhouse and a lake. Tea and cakes were served in the courtyard.



Some of the members went to Smart's Cheese Factory in July. We were shown the process of cheese making from start to finish and thoroughly enjoyed our visit.

**HOLMER** welcomed Alison Palfrey, representing the Breast Cancer Haven. The Haven takes pride in supporting women when they need it most, providing a wide range of therapies including acupuncture, reflexology, hypnotherapy, exercises and nutritional guidance. In June, Frances Riddell led a five and a half mile walk in Ashperton, in the photo from the left Margaret Powell, Jenny Hare, Maureen Graver, Talia



Wheeler and Margaret Jones. Other activities have included an evening walk around the city, led by one of the Guild of Guides from the Cathedral, a talk on 'The Photographic studio of Derek Evans' and a talk about Exotic Plants when guests from Peterstow WI were welcomed.

**MUCH COWARNE** had a wet July meeting in the village hall, replacing the usual garden party, attendance was low but the auction was profitable, helped by the usual summer Pimms! August - David Podmore accompanied by two well behaved dogs gave a talk on 'The Forever Hounds Trust', a rescue/retirement organisation caring for greyhounds in need of help. September - Sue Skyrme a Physiotherapist gave an insight into her profession, she talked about the numerous treatments and exercises applied for pain relief. We were encouraged to participate in a few simple exercises to keep us mobile.

Go to WI News at [www.thewi.org.uk/herefordshire](http://www.thewi.org.uk/herefordshire) where you will find **fuller versions** of all reports above.  
Alison Lord, Forum Coordinator [wiforum.hfwi@gmail.com](mailto:wiforum.hfwi@gmail.com) 01544 340256