



Middlesex News

June 2021

theWI
INSPIRING WOMEN

CHAIR'S CHAT

with Lorraine
Reed-Wenman

Hi everyone

The future is beginning
to look good now and
there is movement in

our daily lives. I know many of you are organising to meet up in parks/outside spaces in bigger numbers and must be a great relief to many of you. Let's hope the weather is kind in allowing those events to happen without being wet and cold.

I know a few of you do this, but to remind others, the Great Get Together 2021 is coming from 18-20 June. Why not join the UK-wide celebration of the late MP Jo Cox's #MoreInCommon message and relate this to the Alleviating Loneliness resolution that we still have in place. Whatever you plan, please be safe, socially distant and within the government guidance. Here is the link to the website for info & ideas:

www.greatgettogether.org

In the online mailing to every member with an email address, you will find a link to a set of patterns for making Emotion/Therapy hand puppets (8 pages). You may have already received some information from your WI but for those who have not, I am acting as a hub for donated puppets for the Borough of Hillingdon. It would be nice for other areas to reach out locally with their schools/social workers to help children through some tough issues. It's an idea, not a directive – the choice is yours. If anyone *not on email* would like a hardcopy, let me know.



There is a saying 'use it or lose it', and regrettably that applies to the Member Chats as attendance has declined to zero. I am therefore *cancelling all the current planned chat sessions*. I have no issue with giving up my time if needed but there is no benefit to my talking to myself. That said, the usual communication channels to both myself and the Trustees are very open to each one of you as always. The Craft Inn and Crafty Pop-ins will continue to run as scheduled.

MFWI AGM is scheduled for 22nd July via Zoom – there will be a mailing direct to all members before the end of May with details and how to obtain a ticket. We look forward to seeing many of you there.

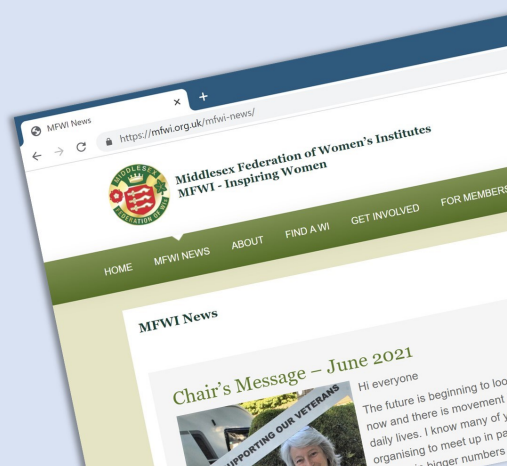
Stay safe as you venture out into the world again.

Lorraine x

Have you taken a peek at the MFWI website lately?

We've refreshed the website, and all the WI news you're used to reading here is also available there, along with PDFs of the newsletter and more.

<https://mfwi.org.uk/>



WI BIRTHDAYS



A very happy birthday to our June birthday WIs

Southbourne	03 June 1953
Greenford	11 June 1985
Hayes Town	17 June 1993
Stanmore	18 June 2018

CENTENARY RECIPES

CENTENARY RECIPES

Calling all cooks!

Do you have some family recipes that you might like to share with fellow members as part of our **Centenary Recipe Book**?

Please email, with photos where possible, to secretary@mfwl.org.uk or contact Lorraine for her address for a postal submission.



APRIL 2021 WINNERS

Oops! In the *April* issue, our winners were for *March*.

Here are our **April 200+ Club** winners—
Congratulations to you!

1st prize - £35

Pinner WI

2nd prize - £20

Margaret Wootton, Bedford Belles

3rd prize - £15

Kath Davis, Greenford

GET IN TOUCH

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**Due to the coronavirus situation, the MFWI office remains closed.
The best way to get in touch with us is email.**

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MIDDLESEX NEWS NEEDS YOU!

Please send articles (maximum 150 words please) and photos to newsletter@mfwl.org.uk in a Word-compatible format before the end of the month prior. Please note that articles received after this date will unlikely be included due to production deadlines.

Printed copies?

The cost of the printed newsletter for 2021 is £12.00 for 12 copies starting in April 2021. As always, a soft copy (PDF) will be sent to all officers and members with an email address, to pass on, at no charge.

The newsletter is also available, as always, on the **MFWI website** as a PDF file. You are free to print and distribute copies to your members/community as you wish. In addition, most of our stories may also be found on the news page of our website.

*Need to send us a cheque
while the office is closed?*

Please email Sarah Endersby for an alternative postal address.

HARLINGTON

Sarah Wilson

Harlington members came along in the morning to our local garden centre carpark to collect their 'goody bags' prepared by the committee in advance of the April meeting.

The bag contained the usual newsletter where members have shared recipes, poetry, funny anecdotes, photos and jokes. Along with the WI 2021 booklet was an easy pattern for members to crochet roses or a single red rose to wear on St George's Day (23rd April). We also included:

- an adult colouring page (members to bring them along to our next meeting)
- a handmade bookmark (Crafted by Anna), Spring Wordsearch.
- sunflower seeds to cultivate and enter in a competition next September (largest head and tallest plant)
- and of course what the WI is good at homemade fruit cake and tea. Lots of fun things to keep our members busy.

At the start of our evening Zoom meeting a five-minute upper body exercise routine was led by Rosemary. Yve from MFWI digital team gave a talk about staying safe online and members were able to ask questions during the presentation. We all learnt a lot from her expertise.

Three members enjoy an April birthday so *Happy Birthday* was sung, their cards and gifts had been distributed in their goody bags. Two members have expressed an interest in becoming Joint President and Assistant Treasurer, all members have re-joined and we have one new member.

Members are looking forward to the end of lockdown and we can all return to



meeting in venues until then our May meeting will be daytime in the park followed by an evening Zoom. The topic will be Resolutions, The origins of Coffee and a quiz.

A vote of thanks went to Rosemary for facilitating the interesting meeting and all the members of the committee for keeping Harlington so full of fun and fellowship. We are all looking forward to the relaxing of covid restrictions and taking our WI forward.

TRAINING UPDATE

Fiona Doyle, Stow Roses

I attended the recent Federation-run training session for Presidents and Secretaries on Zoom which was incredibly insightful.

We learned about how to run our WI as well as where to find information and documents we may need on My WI,

which I had never really used before then.

It was great to see so many Presidents and Secretaries from WIs across the Federation attending and we were able to have a discussion about other aspects of running our WI from emails to social media.

From this discussion there were a few WIs who felt they would benefit from having an additional session centred

around social media and it was agreed that this would be arranged in order to assist those who need it.

I thoroughly enjoy attending sessions like this as we can all learn from each other and get ideas to take forward to our own WIs.

If you interested in future training sessions, please contact Secretary@mfwi.org.uk.

HARROW BELLES

Caroline Lee

We are delighted that we have been able to hold our monthly meetings online over the past year, enjoying a rich variety of talks and even recruiting some new members.

We have had talks on topics ranging from Egyptian archaeology to black holes, and heard from speakers ranging from a professional dating matchmaker to a remarkable female adventurer who circumnavigated the world solo.

Despite the limitations of being online, we have also managed to bond over activities including book folding, at-home scavenger hunts, baking and photography competitions, bingo, quizzes and a hilarious self-portrait contest.

The meetings have provided a real lifeline over the various lockdowns –

and our president Sarah has proved to be the most fantastic Zoom host (thank you Sarah!)

We also managed a wonderful summer garden party in the break between lockdowns – which was such a success we hope to make it an annual event.

We recently held our AGM online – the voting thankfully made easier in that we only had one candidate for President!

And we're very much looking forward to the year to come – with upcoming events including talks ranging from beekeeping to taxidermy, as well as (Covid allowing) a local history walking tour, a visit to Harrow's Headstone Manor Museum, a fitness class and of course our summer garden party!



WEST EALING

Sally Greenbrook

We were delighted to welcome Jo May to our April meeting for a workshop in playing the spoons.

Jo is a professional Orchestra Playing Percussionist with an avid interest in the art of spoon-playing. She is particularly interested in its folk music applications in Ireland and in the American Bluegrass Hillbilly tradition. Jo outlined the different types of spoons you can use from ordinary metal spoons to plastic measuring spoons.

She then took us through the different techniques of making music with them, starting off with gentle taps, how to do drum rolls and how to develop rhythm.



We ended with everyone joining in a singing and spoon bashing version of *What Shall We Do With the Drunken Sailor*. We'll let you know when we form the West Ealing WI Spoon Players Band!

We're still keeping a close eye on updates from the Government and very much hoping that our May meeting will be the last one on Zoom.

We can't wait to get back into the community centre and see our members in person again, especially those who haven't been able to join our online meetings.

ASHFORD

Helen Beecham

Ashford WI Craft group took advantage of the relaxing of Covid regulations at the end of March to begin April with a meeting in the park. Only four of the six members were able to be there but despite the cold wind they enjoyed meeting in person.

Our monthly Zoom meetings have continued with Sarah Lott showing us how to capture and share our life stories.



The newsletters, coffee mornings, book club have been joined by the script reading group. All are playing a part in keeping our members entertained and connected.

Doorstep deliveries are keeping our members without internet informed and involved with a safely distanced chat.



HAYES TOWN

Gill Wildman

Our April meeting brought 10 members online with Zoom, all the ladies sporting longer hairstyles, with one topic on their minds: the hairdressers opening up & getting that vital appointment!

For myself, it was clothes shopping and yes, I queued at my fave TKMaxx; it certainly raised the 'good endorphins'. There is no buzz buying online!

We then went on to play Scattergories, a word game against the clock, with the aim get an answer that no one else has thought of, but as everyone has 'lockdown brain', I bypassed the timer! The most outstanding answer was in the boys name category: Romulus (but alas no Remus), an answer to keep in the



memory box for another time! It was a lot of fun, the scores being tied, with Yve McBride and Jackie Hinchcliffe both on 80.

Hopefully our next meeting on May 20th will be in the local park, weather permitting.

On Friday 23rd April, St George's Day, six WI ladies meet up for the 2.5km walk around Ruislip Lido with flags, headgear etc. We got a lot of smiles and cheering, with runners and families wishing us a Happy St George's Day.

It was certainly perfect warm weather with a stunning clear blue sky and a need for the sunnies at last.

NORWOOD GREEN

Joan Storkey

Most of our ladies do not possess a computer, so we have been keeping in touch by phone and the occasional chat on the doorstep.

Members really enjoyed the surprise Christmas goody-bag, which also included the Christmas edition of *The Peoples Friend*.

Following on that success, they also received an Easter bag with a large chocolate egg, cards and a pot of tete-a-tete daffs.

We hope to arrange meetings soon of small groups in gardens – home or pubs – or parks. We hope it won't be long before we can all get together at our community centre.



GET INVOLVED

1921-2021

WE STILL NEED YOUR HELP

Lorraine Reed-Wenman, Chair

***We still need your help** to support the running of our Federation. I have asked before, but need to re-iterate that we need to fill the following positions.*

Press Officer

We're looking for someone to represent Middlesex Federation to the media. Experience in dealing with local, and preferably national, media is required.

If you would like more information about this Federation role, please contact Secretary@mfwi.org.uk

More on Federation roles:

<https://mywi.thewi.org.uk/federation-team/federation-roles>

MFWI Trustees

Trustees are responsible for the running of the Federation. They are the link between the NFWI and the Federation WIs and members.

Trustees deliver the strategic aims of the NFWI and are responsible for setting the federation's budget and overseeing its finances, attending meetings (such as Board meetings, sub-committee meetings etc.) and engaging in discussion, debate and voting, organising events and activities for members

Serving on a WI Committee is a usual pre-requisite for a BoT member.

Have you thought about observing one of our Board of Trustees meetings to see if it might be for you?

Contact Secretary@mfwi.org.uk

Independent Financial Examiners (IFE)

IFEs support WI Treasurers to carry out their role in compliance with the Constitution and best practice, as well as reviewing Annual Returns.

If you have a background in accounting, or experience as a WI Treasurer, and are looking for a new challenge, training as an IFE may be for you.

Contact Treasurer@mfwi.org.uk for more information.

There are other ways you can get involved in the Federation; get in touch via Secretary@mfwi.org.uk if you'd like to know more.



CRAFTY POP-INS



Bring your craft projects and chat, or just come and chat about crafts.

13:00

[Zoom link](#)

First Thursday of the month

3 June

1 July

5 August

Meeting ID:
879 0513 1326

Passcode:
405027



CRAFT INN



A weekly craft get-together on a Monday, hosted by members of the MFWI Craft Committee. Bring along your unfinished objects (UFOs) or your current project to craft and chat, and maybe bring along a glass, cup or mug of something...

19:30

Every Monday

[Zoom link](#)

Meeting ID:
845 2969 7238

Passcode:
829648

Enjoy some more of Yve McBride's knitting: we love this colourful cardigan using variegated yarn

MODERN SLAVERY

Clare Taylor

The definition of Modern Slavery is quite broad: not just 'owning' another person, but also forcing someone to work and not allowing them to leave, either by coercion, such as withholding documents, or using threats, and human trafficking.

It happens in the UK: a Home Office report in 2018 estimated there were between 10,000 and 13,000 victims here during 2013 and that it's increasing.

Where is it happening?

It is happening all over, and not just among sex workers (the highest sector); people, often vulnerable people, are trapped into crop picking, working in factories, domestic work and many other jobs.

The second highest sector in the UK prone to modern slavery is construction, and that's an area where individuals can make a difference: one big risk area is householders who want to reduce costs for building work or resurfacing their drive and are happy to pay cash-in-hand. This undercuts legitimate businesses and makes it much easier for labour to be exploited.

What you can do

Raise awareness through your WI, report any evidence you see and encourage others to do so as well.

SLAVERY IN THE UK



Over 5,000 people
were referred to the UK authorities as potential victims of slavery in 2017



41% of them
were children



46% were in
labour exploitation



9% were in domestic
servitude



34% were in sexual
exploitation



3 people were trafficked
for organ harvesting

Source: National Referral Mechanism Statistics 2017

Infographic: www.antislavery.org

Signs that someone might be a victim of modern slavery include:

- Showing signs of injury, abuse and malnourishment
- They look unkempt, are often in the same clothing and have poor hygiene
- Appearing to be under the control and influence of others
- Living in cramped, dirty, overcrowded accommodation
- They have no access or control of their passport or identity documents
- Appearing scared, avoiding eye contact, and being untrusting
- They may allow others to speak for them when addressed

directly, rather than speak for themselves.

- They're collected very early and/or returned late at night on a regular basis
- May have inappropriate clothing for the work they are performing, and/or a lack of safety equipment
- May be isolated from the local community and their family
- They travel only with other workers

For more information and how to report if you have a concern:

<https://www.thewi.org.uk/campaigns/key-and-current-campaigns/stop-modern-slavery>

GETTING BACK TO NORMALITY

Alison Fremantle, Science & Leisure

It's undisputable -the Covid pandemic has done much to alter our way of life!

Its affects have been wide ranging – from turning us into recluses till it's all over, terrifying us into thinking we're all vulnerable to catching the virus, to working with the restrictions to make life better for ourselves and others. Anyway, it has not been easy. Now we are being told that life can begin to go back to normal once all restrictions are lifted.

So what is 'normal', and how do we return to where we were in 2019?

Most of us can't remember what 'normal' was, or we may feel that we can never be 'normal' again. How we get back to what we used to do is another matter. There are many things which we can hardly wait to do again, such as meeting our families and friends in larger groups, cuddling the new grandchild, getting together for sewing, crafts, learning and sharing new topics, hugging those close to us (presently forbidden). There are things I'm not in a hurry to do, such as going abroad for a holiday, or attending packed venues.

I think most of us have not been able to maintain our levels of fitness, in spite of being able to join on-line activities or go out for exercise. It is taking me a long time to return to the levels I had before

lock down, and I've put on weight! However we get (back) there, we must do it slowly and carefully. As a walking netball host, I have been advised by England Netball physios, to build up game skills gradually to avoid injuries. This certainly makes sense to me. It is the same with mental well-being.

The latest *WI Life* magazine (issue 116) is filled with loads of ways to do this, and really worth looking at. The overall message I got from this is to return to the things we used to do when we are ready, and gradually, as with physical exercise. We can apply this to losing weight (if we want to), and take it all very slowly!

Good luck with getting back to 'normality'.