



Middlesex News

July 2021

theWI
INSPIRING WOMEN

CHAIR'S CHAT

with Lorraine
Reed-Wenman

Hi everyone

Are you all well?

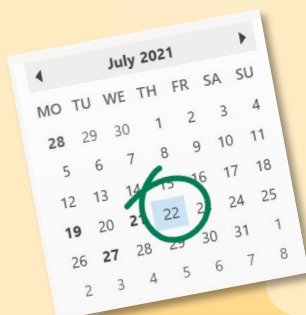
I am happy as I have
seen a few members of

my family for the first time in over a year, but I am also sad that we are in the fourth month of our centenary year and yet have not been able to have any of the planned Spring/Summer celebratory events that would have brought many of us together.

I was hoping that my last year in office as Chair would be a memorable, celebratory one for us all, but it is not to be, and I must accept that. We do have time though (until the end of March 2022) to have some fun, so let's hope it will/can happen. In the meantime, as you can see from the photo, I'm prepped for outdoor gatherings in all sorts of changeable weather!

We do have our **Annual Council Meeting** on 22nd July at 10:30 where normally each WI would be

galvanising their members to attend where possible, promoting, purchasing tickets, booking transport, and preparing to meet up with some old friends. Sadly, this year, the meeting will be online again which we understand restricts some of you from attending.



Maybe this is an opportunity to meet up in a small group where at least one person has internet access, and join us that way (if the government restrictions allow us to do so)? See below for the booking link.

If you cannot register yourself, one person is able to register a group so can do it for you. We are lucky to have the new NFWI Chair, Ann Jones joining us and also Dr Katy Willis, an Ambassador for *Hope For Justice* talking on Modern Slavery. The meeting will be no more than three hours so with no travel involved it is the ideal opportunity to have a cuppa and catch up with friends either face to face or online. It is also at no cost to yourselves as attendance is free for all.

With my Climate Ambassador's hat on, I did some litter picking which is to become a monthly event if I get the time to do so. It is surprising what people leave behind, particularly in a picnic type area and despite the number of bins around, they are usually full. I found a child's scooter with a broken wheel and a whole bag of disposable picnic items that had not been used! It always amazes me how people are happy to take bags and boxes to a picnic but do not like to take it home – *why?*

The Board of Trustees and Membership would love to join you at meetings or events that you take part in once we are allowed to do so. Remember, unless Federation officiates at an AGM, we do not get to see your members unless we are invited to visit you (diaries permitting of course).

As ever, my door is still open to all. We are coming out of the various lockdown phases, please do so carefully, keep safe and stay well.

Lorraine x

Middlesex Annual Council Meeting

22 July 2021

10:30-13:30, on Zoom

Bookings

<https://www.trybooking.co.uk/BBVY>

WI BIRTHDAYS



There are no Middlesex birthdays in the summer months of July and August: guess we were all too busy doing summery things to be setting up Women's Institutes!

CENTENARY RECIPES

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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@mfw.org.uk or contact Lorraine for her address for a postal submission.



MAY 2021 WINNERS

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

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

1st prize - £35

Doreen Smith, Hayes Town

2nd prize - £20

Heather Hall, Clay Hill

3rd prize - £15

Sunbury on Thames WI

GET IN TOUCH

COUNTY OFFICE

Unit 3 - No 7 The Green, West Drayton, Middlesex UB7 7PL

Tel: 01895 440161

Email: secretary@mfw.org.uk

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

CHAIR: Lorraine Reed-Wenmanchair@mfw.org.uk

VICE CHAIR.....vicechair1st@mfw.org.uk

SECRETARY.....secretary@mfw.org.uk

TREASURER Sarah Endersby.....treasurer@mfw.org.uk

ACWW Lorraine Reed-Wenman acwwrep@mfw.org.uk

CRAFT Lorraine Reed-Wenman craft@mfw.org.uk

DIGITAL TEAM Yve McBride..... digitalteam@mfw.org.uk

IT Support it@wisupport.org.uk

MCS mcs@mfw.org.uk

MEMBERSHIP Gerry Attias membershipenquiries@mfw.org.uk

NEWSLETTER Emma Watson newsletter@mfw.org.uk

PUBLIC AFFAIRS Sarah Wilson..... publicaffairs@mfw.org.uk

SCIENCE & LEISURE Alison Fremantle.....scienceandleisure@mfw.org.uk

SPEAKERS DIRECTORY Michelle Gordonspeakers@mfw.org.uk

WEBSITE Emma Watson..... website@mfw.org.uk

MIDDLESEX NEWS NEEDS YOU!

Please send articles (maximum 150 words please) and photos to newsletter@mfw.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.

CRAFT IDEAS

Lorraine Reed-Wenman

If you are looking for something to do and donate when finished, we are still in need of: Emotion Dolls (see page 6), Twiddle Muffs, Trauma Teddies (the 6-8" ones), Knitted Boobs, Baby blankets, Mors Bags all of which can be sent to Lorraine's home (email Lorraine at craft@mfwi.org.uk for details and patterns).

Right: Hayes Town secretary Jo Johnson taking a break from WI paperwork, has been busy with crochet & knitting with baby shawls, cardigans and scarves in all shades & shapes.

Below: Trustee and Hayes Town member Yve McBride has made this clever cardigan from variegated yarn, and these cute butterflies to use up scrap wool.



WE STILL NEED YOUR HELP

Sarah Endersby, Treasurer

We urgently need new members for your Federation Board of Trustees.

We currently have eight trustees, the bare minimum we are allowed under our Constitution.

Come March 2022, our Chair, Lorraine Reed-Wenman, will be stepping down after four years of holding the position and she will also resign from the Board of Trustees as again required by our Constitution. Lorraine has shown determination and tenacity in the role, especially during the long period of lockdown.

If you or any member of your WI is interested in becoming a Federation Trustee, please contact us, and arrange to come along to a Board meeting as an observer.

We're currently still meeting online, and intend to continue this as an option going forward, so no matter where you are based, getting involved with your Federation is easy.

For more information, please email secretary@mfwi.org.uk.



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



CRAFTY POP-INS



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

13:00, First Thursday of the month

1 July

5 August

2 September

[Zoom link](#)

Meeting ID: 879 0513 1326

Passcode: 405027

HAYES TOWN

Gill Wildman

Nine of us hardy souls met in Barra Hall Park for our May Meeting.

It made a welcome change from Zoom, but with the weather more like winter, the gusting winds were showering us in blossom from all the trees, so we moved to the bandstand... but being up higher

we did not have the best acoustics for *Jerusalem*!

We are praying our June meeting, which is our 28th birthday, the sun will appear.

Summer's got to come sometime!



HARLINGTON

Anna East

Harlington ladies held their May meeting via Zoom as weather prohibited outside socially distanced meeting. We had hoped to have both, a Zoom and an outside meeting but fingers crossed for June and better weather.

Most of our group are growing in confidence with Zoom and we had a good attendance.

It was great fun! Sarah, our invaluable Secretary gave a fascinating and most informative talk on coffee: its history, how it was introduced to Western societies and how its popularity grew. Very interesting how it started in the USA and its dominance in that country as a direct result of War of Independence.

We also did a Scavenger Hunt with a twist: some of the objects to find were a candle, a cushion and a pen. This revealed what sumptuous and elegant environments our members reside in! Everyone was able to participate and it was concluded as a most enjoyable evening.



NFWI ANNUAL MEETING 2021

Sarah Wilson & Anna East

This year the Annual Meeting was screened to our homes as it was virtual, and what an inspiring meeting it was, as we listened to recording of *Jerusalem* and saw some slides of previous meetings, Oh how we missed the 4,000 women singing *Jerusalem*.

Speakers were Her Royal Highness The Countess of Wessex, who touched on a few concerns that we are all experiencing during this dreadful pandemic and lockdown restrictions. Dame Cressida Dick, Commissioner of Police of the Metropolis, outlined new legislation brought in to protect women in domestic violence situations, also a new trial in Croydon to make the streets safer for women to walk. Baroness Hale of Richmond outlined her career in Law and had just recently retired from the Supreme Court of Justice.

This year, one resolution, *A call to increase awareness of the subtle signs of ovarian cancer*, was presented to the Annual meeting for debate, with voting taking place in the month after the meeting.

Resolution proposer, Cathy Heathcote from Kitchen Dancers WI, Hampshire Federation, outlined the reasons for the resolution stating would like the WI to raise awareness of the symptoms of ovarian cancer among women and healthcare professionals, to help ensure that women receive early treatment



where necessary. The scale of the problem Ovarian cancer is one of the most common types of cancer in women, mainly affecting those who have been through the menopause. According to Cancer Research UK, there are around 7,400 new ovarian cancer cases in the UK each year, and 4,100 deaths. The symptoms of ovarian cancer include: feeling constantly bloated; a swollen tummy; discomfort in your

tummy or pelvic area; feeling full quickly when eating; and/or loss of appetite; and needing to pee more often than normal. The earlier ovarian cancer is diagnosed the easier it is to treat and so public awareness and understanding of the symptoms is really important.

Cancer Research UK states that when ovarian cancer is diagnosed early, nine out of ten women will survive for five years or more. This compares to less than three in 20 women when diagnosed at the latest stage. However, because the early signs of ovarian cancer are similar to conditions such as irritable bowel syndrome (IBS), and pre-menstrual syndrome (PMS), it is often not diagnosed until it has spread. More information can be found on *MyWI*, or speak to your WI Secretary.

Ruby Adler of Sotonettes WI, Hampshire Federation, seconded the proposed resolution.

John Butler, Cancer Surgeon and Consultant in Gynaecological Oncology at Royal Marden Hospital, then spoke about his work with ovarian and other cancers and the need for the resolution.

NFWI Trustee Toto James of Barnes WI, Surrey Federation, raised some points to consider, which were not her personal

The resolution in short

A call to increase awareness of the subtle signs of ovarian cancer

Every two hours in the UK someone dies of ovarian cancer. Making sure GPs and the public know what to look for will not only ensure the early detection and treatment of this disease but transform lives today and for generations to come.

NFWI calls on WI members everywhere to help increase awareness of the subtle signs of ovarian cancer.

A recording of all resolution speeches and the debate has been made available on the [NFWI YouTube channel](#)

Here is the link to a [briefing paper](#).

Voting via your WI closes on 9 July.



views, regarding the timing of this resolution and how useful would the WI campaigning resources be used on this very important issue. In 1999 the NFWI passed a resolution calling for further research into a test for ovarian cancer. This resolution would therefore offer an opportunity to build on the WI's earlier work on this issue.

This resolution focusses on the need for greater awareness of the symptoms of ovarian cancer, which is recognised as vital for improving early diagnosis. WI members are well connected in their communities, and could use their existing networks to reach more people with the key messages on this issue. There are several organisations campaigning to raise awareness of the symptoms of ovarian cancer.

How could the WI build on this and spread the word further?

Images courtesy of NFWI.

HAYES TOWN EMOTION DOLLS

Gill Wildman

One of our 'crafty members' Jan Presland has been busy on some of her latest knitting project, Emotion Dolls. These dolls are used by many professionals, including teachers and social workers, as a resource for managing/alleviating fear in a child in various scenarios. They allow children to point to the doll's face to help express their feelings, whether they are happy, sad, angry, and so on.

We have patterns to share if you'd like to have a go making these: email Lorraine at craft@mfwi.org.uk.



POSTBOX TOPPERS

Thanks once more to Gill Wildman for spotting the crafty crocheted postbox toppers while out and about in Ruislip and Ickenham.

The makers, Ruislip Crafters, includes our very own MFWI Chair, Lorraine, who has contributed to the project.

They were featured on the BBC, ITV and Channel 5 in early June—did you catch them?

