



Middlesex News

February 2023

theWI
INSPIRING WOMEN

Chair's Chat

Angela Chessman

Hello

...and a belated Happy New Year to you all.

I do hope that you had a wonderful Christmas and are now looking forward to what the next few months have to bring.

I always feel that this is a strange time. Lots of people make New Year Resolutions, but how long to we keep them up?

One I am really trying to keep to is to get out and about more.

During lockdown our daily walk was a blessing and it's easy to forget how much just getting out into the fresh air raised our spirits—I want to get that feeling back! Maybe I will start counting my steps...

By the time this reaches you, your WIs will have hopefully had their Resolutions meeting and maybe some of you attended the Zoom presentation. I hope you have found the Resolutions interesting this year and have made your choices.

Please remember that your votes need to be with the Federation by 14 February at the latest, either via your WI or directly from yourselves.

At the moment, your Federation Trustees are busy arranging our Annual Council Meeting, the first face to face meeting since 2019. We are so excited to be doing this and I really hope that many of you will be able to attend.

You will see that we have changed the venue this year. We have done this to try to make it easier for all areas of the Federation to be able to get there—it has excellent transport links.

MFWI ANNUAL COUNCIL MEETING

Monday 20 March 2023

10.00 – 15.30

The Questors Theatre,

12 Mattock Lane, Ealing. W5 5BQ

Speakers: Bonita Norris, mountaineer & Eliza McClelland, actor

Bursaries and raffle

Refreshments available

Tickets £6 from MFWI Office



However, the downside is that there is very limited parking, other than in local pay-for car parks. I am sure you will understand that finding suitable venues in our area is quite difficult; we think that this venue offers lots of benefits and I do hope that you will come along and enjoy the day.

Also coming up is the NFWI Annual Meeting in Cardiff. As you know, there has been a reduction in the number of tickets available; this was because of the lower numbers who applied to go to Liverpool last year. I know that some of you have been disappointed as you have been unable to attend, but don't forget you can join in the day via Zoom. Details are available on the WI website.

Let's hope more of us will be able to attend next year!

As we look forward to the warmer weather, we are hoping to do more to bring individual WIs together. Do you have any ideas? What would you like to see Middlesex doing? Do let us know your thoughts.

Finally, have you ever thought about joining the Federation Board as a Trustee?

It isn't an onerous job and we are a friendly bunch! It is an interesting way to find out more about the WI in general, both locally and nationally and really won't take up too much of your time. Our meetings are hybrid, both face to face and via Zoom, so please don't worry if attending County Office in West Drayton is a problem.

If you are interested, please get in touch with me or any Trustee.

Angela

Newsletter deadlines >>> see page 2

WI BIRTHDAYS



A belated Happy Birthday to...

Harrow-on-the-Hill 7 January 2013
Sunbury Village 23 January 2012

and to our February birthday WIs

Iver Evening 8 February 1962
Hillingdon 19 February 1919
London West End 21 February 2006

200+ CLUB

Congratulations to the winners of our recent 200+ Club draws.

December 2022

1st prize - £40
Hillingdon WI
2nd prize - £30
Sheila Clifford, Southbourne
3rd prize - £20
Sue Nicholas, Sunbury on Thames
4th prize - £10
Elaine Wiginton, Southbourne

January 2023

1st prize - £40
Sue Nicholas, Sunbury on Thames
2nd prize - £30
Pat Harpur, Manor Farm
3rd prize - £20
Judy Peddie, Hillingdon
4th prize - £10
Di Caley, West Drayton

GET IN TOUCH

COUNTY OFFICE

Unit 3 - No 7 The Green, West Drayton, Middlesex UB7 7PL
Tel: 01895 440161
Email: secretary@mfwl.org.uk

The MFWI office is open 9am-1pm Mondays and Wednesdays

CHAIR Angela Chessmanchair@mfwl.org.uk
SECRETARY Georgina Glynnsecretary@mfwl.org.uk
TREASURER Sarah Endersbytreasurer@mfwl.org.uk
200+ CLUB Heather McIntyre200plusclub@mfwl.org.uk
ACWWacwwrep@mfwl.org.uk
CRAFT Lorraine Reedcraft@mfwl.org.uk
DIGITAL TEAM Emma Watsondigitalteam@mfwl.org.uk
MCSmcs@mfwl.org.uk
MEMBERSHIP Liz Morrellmembershipenquiries@mfwl.org.uk
NEWSLETTER Emma Watsonnewsletter@mfwl.org.uk
PUBLIC AFFAIRS Alison Fremantlepublicaffairs@mfwl.org.uk
SCIENCE & LEISURE Alison Fremantlescienceandleisure@mfwl.org.uk
SPEAKERS DIRECTORYspeakers@mfwl.org.uk
WEBSITE Emma Watsonwebsite@mfwl.org.uk

Newsletter Info

Please send articles (maximum 150 words please) and photos (largest size possible, as separate attachments, please) to Emma at newsletter@mfwl.org.uk. Articles received after the deadline are unlikely to be included due to production deadlines. Sometimes space limitations mean we may hold articles over to the following issue.

Deadlines

- * Mar 2023 issue: 17 Feb
- * April 2023 issue: 17 Mar
- * May 2023 issue: 21 Apr

A PDF copy is sent to all officers and members with an email address at no charge. Information on the newsletter for the 2023-24 year will be provided in the early Spring.

The newsletter is also available 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.

Ruislip Evening

Sandy Channon

Our early December meeting rang in the 'Belles' with the amazing Bellringers from Belles and Beaux who do shows all year round. They support the Michael Sobell Hospice with donations collected at their events.

Our members sang Christmas carols with the bells, wore Christmas jumpers, and provided sparkling items for our pennies competition (won by a retro sparkling dress from Mary).

A shared buffet and raffle made the evening an excellent start to the festive season. The following week we had an enjoyable Christmas meal organised by Lorna with most of our members



attending the fun evening at the Coach and Horses in Ickenham.

At our January meeting we used recycled wrapping paper, cards and tissue paper to cover glass jars and boxes (known as 'decoupage'), which brought out clever

craft ideas from our members with guidance and ideas from Dot and Lorraine.

Healthy platters of fresh fruit was provided by the committee. Resolutions were voted for (our choice being 'Clean rivers for people and wildlife'), our Pink pennies competition supporting our charity, was won by a beautiful ballerina with pink tutu. A selection of patterns for knitted/crocheted items were provided to support community projects such as Trauma Teddies and Knitted Boobs, and we finished the evening with a game of bingo.



Sunbury on Thames

Barbara Draper

The meeting of the Sunbury on Thames WI has been as entertaining as ever with a new lunch club at a local pub and a good speaker named Malti Patel on the interesting topic of *Positive Thinking for Wellbeing*, a subject not many of our WI had been familiar with but a book was given to us which proved very interesting reading.

At the end of the meeting our President Susan Whitworth announced that she was relocating, and a new President Jackie Mayall was elected. It will be hard for Jackie to follow Sue but Jackie is a most capable person and will do a fantastic job.



We had our Christmas meeting early and oh what a good time, not only mince pies, sausage rolls sweets and raffles but also Ashley Webber singing familiar and Christmas ditties. Feet were tapping and the bravest up dancing. Must

have been many a sore throat that evening!

Now we are all looking forward to 2023.



Hillingdon

Diane Street

Hillingdon has lost quite a few members since coming back to meetings after the pandemic. A couple of our members have joined an afternoon WI meeting which made us wonder if ladies were keener to come out during the daytime. Night time combined with winter weather can be very unpleasant.

New afternoon meetings

Our big news is that from February 2023 Hillingdon WI is meeting in the afternoon. We will meet from 2pm until 4pm on the second Wednesday of each month except August. Our venue remains the same, Christ Church, Redford Way, Uxbridge UB8 1SZ. The speaker at our first meeting will be giving a talk about banknotes and their history.

We sincerely hope that this change will enable Hillingdon WI to carry on into the future. We are a lively friendly group and welcome new members—the more the merrier.

Sunbury Village

Debbie Levy, Sunbury Village & Sian Cooley, Teddington

On a cold November evening, ladies flocked to the Riverside Arts Centre, Sunbury, to watch Calendar Girls, a joint event hosted by Teddington and Sunbury Village WIs. We were treated to tea, coffee and cake in the interval.

This event was open to bring friends, promoting membership. By the end of the evening, we had two new members and several more interested. A big well done and



thank you to Lysa White from SVWI for being chief organiser.

On 5 December we had an evening of line dancing with Hersham Dance Connections, mulled wine, minced pies and gift wrapping. We swapped our Secret Santa gifts, we danced, we drank and we got merry.

The response to the St Saviour's gift appeal was overwhelming; so many gifts were donated for children and women, and we wrapped and wrapped all night long. A special thank you to Shelagh Bonnichon for coordinating this on behalf of our WI.

We have also had our knitters busy, hand knitting scarves for those alone attending a special Christmas day lunch.

What a fabulous evening we had on 9 December. 22 members descended on Prezzo in Shepperton for our SVWI Christmas meal. We were greeted with prosecco, the food was delicious, and the conversation was full of fun and laughter. What a wonderful evening; a true celebration of bring women together, a bit less education on this occasion. However, we did learn the secret of everyone remembering what they had ordered—name cards with the selection written inside, genius! A huge thank you to Jill Butler for organising and to Gill Tuck for supporting her.



Harlington

Sarah Wilson

Last year tens of thousands of people experienced homelessness or rough sleeping in England. Many of these are women. St Mungo's is a charity that helps.

The kind-hearted members of Harlington WI wanted to help and used their skills in their craft group to make hats and scarves, eventually making 18 hat and scarf sets, nine scarves and five hats. Also, 25 drawstring bags were made by Janet with material donated by Ellen, and filled with toiletries. Pauline's dentist, on hearing of our intentions to provide Christmas goody bags, donated toothbrushes and toothpaste.



Anna and Sarah approached the Co-op in Harlington High Street, who kindly donated deodorants, shower gels and shampoo. Extra items were purchased by members.

All of these items were put together in lovely pink bags, together with the knitted items and donated blankets, it all made a fabulous donation for St. Mungo's. They arrived to

collect our donation and they were delighted with all the goodies!

We are facing a once in a generation cost of living crisis which will harm the poorest the most, and it is already having a direct impact on these people, so we were all pleased that our efforts will make a difference to this very vulnerable group of women.





Bedfont Belles

Jenny Hanrahan

Our November meeting consisted of Craft and Chat. We made Christmas decoration kits with all the pieces prepared and ready for our creative juices to flow. Jennie Lowes was presented with gifts to say a big 'Thank you' for being our president through some very hard times.



We had a fabulous time at our Eighth birthday party which this year was held at Bedfont Sports Club. It was so good to get together with our friends from Stanwell, Ashford and Sunbury WIs. Food and entertainment meant we went '500 miles' to Amarillo and danced the night away.

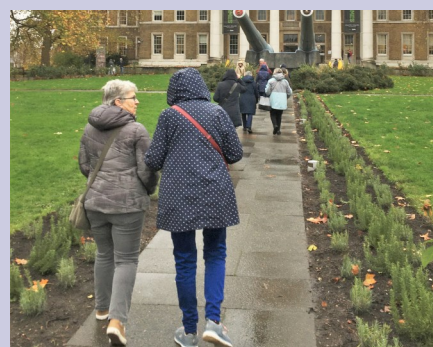


One of our newest members, Anne, laid a wreath on behalf of Bedfont Belles at the Remembrance service at Bedfont War Memorial.

Although the weather was not the best, a group of us went to the Imperial War Museum to see the collection of photos of our Queen in wartime. We went our own ways and enjoyed other exhibitions, some of us partaking of a bit of lunch before heading home.



December was our Christmas party! Pass the parcel with a gift of a sweet at every unwrapping. Jean's special bingo. A visit from Father Christmas with a usual invitation to sit on his knee and receive a Secret Santa gift. And a plate of food brought by each member meant we were warm and full to wend our chilly journey home.



Laleham

Chris Walker

Laleham WI held its AGM in November, at which Helen Hurst was re-elected as President and Committee members confirmed. We held a lively food and drink-themed quiz after the AGM business, with a raffle overseen by Kim.

For December, we held a fun craft event with members creating some brilliant Christmas decorations and tree ornaments. So much talent—who knew?



Norwood Green

Joan Storkey

We have recently had two minibus trips. One was to Thames Court for lunch, where we enjoyed views of the river. The other was to Windsor, where we all went on the open-top bus for a tour around Windsor, Datchet and Eton, followed by lunch and shopping.

Elizabeth Parsons gave an interesting talk on buttons. She brought hundreds to show us, which were displayed across two tables.

Our AGM started with a fish and chip lunch, followed by the meeting which was supervised by Liz Morrell. Una Saunders was re-elected President. Our newest member, Di Harvey-Judd, is a keen card-maker, and she offered to run some workshops for us, so we have started to meet once a week. At our first meeting she showed us how to make some lovely cards from recycled materials.

Our last trip was to Osterley Garden Centre, where we had lunch and admired the display of Christmas lights. Some members couldn't resist buying plants!



president for 19 years at Uxbridge WI, before its closure.

Did we celebrate the festive season by going to the pantomime at the Beck Theatre on 14 Dec to see Cinderella? 'Oh yes we did!'

The following day was our Christmas Party, rockin' to the music of the versatile Anna Nightingale. Wendy's craft group had made fascinators; there were blue ones for committee members and she had carried the blue theme through to table decorations and raffle prizes.

Lesley & her 'Angel helpers' did a splendid buffet, with our oldest member, 93 year old Maureen Miller cutting the beautifully decorated Christmas cake from the local bakery.

One sad note: WI member of many years both at Harlington Hayes Town, Sandra Lawrence, sadly passed away in December.

Hayes Town

Gill Wildman

Our November Annual Meeting started with our President Linda thanking her committee for all their hard work and commitment in this past year. Wendy, our Treasurer, read the accounts (we have a healthy bank balance). Jo, our secretary, gave a resume of all the years activities.

Gerry Attias visited us to take charge of the voting, where there were no surprises: Linda Lawrence was voted President for another year, with the same committee.

Then at teatime we all sang Happy Birthday to Julia Smith on her 80th. She was formerly





For our last meeting of 2022, we got stuck into a selection of festive craft kits, accompanied by mulled wine, homemade mince pies and a Christmas soundtrack! Who knew stabbing felt into a polystyrene ball could be so much fun!

We also had our usual collection for the Holy Trinity food bank plus a collection of winter hats, scarves and gloves for the Margins Project based at Union Chapel.



Stroud Green

Anna Matthews

December was a busy month for SGWI.

We donated money to Solace Women's Aid, ran a fantastic cake stall at Crouch End Christmas Fair (a huge thanks for all the amazing effort that went in to making is such a success), and enjoyed a weekend brunch.



Earlier in the evening our window for day 12 of the [Stroud Green Living Advent Calendar](#) was revealed. We loved having the opportunity to contribute to this initiative, bringing festive cheer in the neighbourhood!

We're grateful to Mind in Haringey for hosting our window. Some of us met up after Christmas to walk around the area to see the illuminated windows. I picked the coldest night to visit but they were all very pretty..



Stanwell

Marilyn Rix

We have a new President, Gillian Woodward. Her first duty was laying a wreath on Remembrance Day at the Stanwell War Memorial.

In the month of December we enjoyed a Christmas coffee morning held at the village hall. Offering coffee/tea mince pies and cakes, along with a raffle and tombola. Surrey Councillor Robert Evans offered his support by attending.

This was followed by a Christmas party, with a buffet feast prepared by Mary, Maureen and Fiona. We were entertained by Helen Astrid who talked about the tradition of Christmas carols, including a festive singalong.

We finished off the month by organising a lunch for the croquet team at the Three Horseshoes in Laleham. We enjoyed our Christmas lunch followed by Secret Santa.



Stone Rangers

Helen Fisher

Stone Rangers WI rounded off a great year with some very successful fundraising for Solace, a local charity working with women and children who have been the victims of abuse and exploitation.

Our WI has held raffles and sales of plants, cakes, crafts and books each month. Our intrepid Secretary, Jill Hasler, did the 25km Thames Bridges Challenge walk in September raising a fantastic £1346.



We were also delighted when our local Tesco let us hold a bucket collection in store during the run-up to Christmas. It was bitterly cold but the kind and

generous people of Leytonstone donated a whopping £542 over just two days.

At our December meeting, Solace came to talk about the vital work they do and our lovely members donated lots of presents for women and children in refuges over Christmas. We are proud that our contribution of £2379.50 raised so far will



help Solace continue to provide emergency services and support to enable women to flee violence safely, provide advice and counselling and to increase specialist work with young girls.

Giving Hearts To East London

Stone Rangers WI Vice President, Carmela Crute Jones, has been the driving force behind a project producing heart cushions for breast cancer patients. In 2022 Carmela had two close women friends with breast cancer who had to undergo surgery.

Both are now fortunately well on the path to recovery but at the time were experiencing a lot of discomfort and distress. Heart-shaped cushions provide women with physical relief and protection while wounds are healing as well as emotional comfort, knowing that others are thinking of them

When her friends told her about the cushions, she got hold of a template and made them each one. She then got in touch with Sharan Hatch from the Macmillan Information and Support Centre at our local Whipps Cross Hospital. The hospital serves a large catchment area in London and the demand for cushions is high.

So, together with fellow Stone Rangers, she started sewing! So far we have donated over 60 cushions and will continue into 2023.

Sharan reports that patients are very touched to know that other local women are thinking of them and have advised that the pillows have been so useful when in hospital, at home, in the car, and in bed during their recovery.

Ashford

Wendy Kislingbury

A busy December calendar of events for Ashford WI got started with our very successful Christmas Fayre. Members made cakes and preserves, knitted and crocheted toys and created various handmade items. The crafting group made Christmas decorations and cards which all sold well. It was a busy but satisfying morning, enjoyed by helpers and customers alike.

Our December meeting kept us in the Christmas mood as members and visitors sang along with a local handbell-ringing group. We may not always have been in tune, but we sang with gusto. Add in tea and mince pies, and it became a very festive evening.

We are looking forward to more fun filled evenings in 2023 and wish everybody a very Happy New Year from Ashford WI.



Craft Inn

A weekly craft get-together, hosted by members of the MFWI Craft Committee.

19:30, every Monday

Zoom link

Meeting ID: 852 8335 4467

Passcode: 358099



Craft bookings

Booking is essential for all craft sessions.

Fee includes any materials for the crafts listed, plus tea and coffee.

Cheques payable to Middlesex Federation of Womens Institutes (Craft Committee)

Bank transfers: MFWI Craft Committee.

Sort Code: 20-27-49; Account: 53587703.

We ask you to book to help us plan.

Queries and bookings

To book, mail craft@mfwl.org.uk or call Lorraine on 01895 676 105 or call/text on 07976 398 533.

Dabble Days

MFWI Office, West Drayton

Thursdays 10.30-15.30

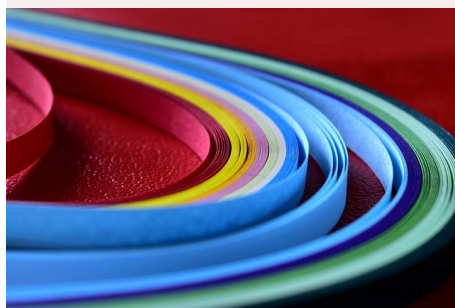
Members only

Fee payable in advance or on the day

16 February

Quilling

£6



15 June

Encaustic Art

£8

20 July

Dream Catcher

£6



16 March

Sashiko Sewing

£10

13 April

Needle Felt Animal

£10



17 August

Paper Craft

£6

19 October

Silk Painting

£10



18 May

Glass Painting

£6

Million Women Rise March

Sat 4 March

If you wish to take part in the march, you will need to register first. To do this, you will need to access My WI, then go to Public Affairs, then to Public Affairs Digest Issue no. 77. See page 2 and follow instructions to register interest.

International Women's Day – Women in Leadership webinar

Thurs 9 March

The WI will be hosting a webinar from 7-9pm on Zoom for WI members and members from the Six-0 group, which is made up of the six leading women's organisations in the UK. The chance to hear from expert speakers on the importance of women in leadership. To register to attend, again, access My WI, then Public affairs, then Public Affairs Digest issue no. 77. See page 3 for details and registration.

Stem cell blood drops

This winter, something good to do, when getting together with crafty friends over a cup of tea, would be to make an embellished stem cell blood drop to raise awareness of the lack of stem cell donors (fallen in the UK by 62 %). See Public Affairs Digest no 77, page 5, for craft ideas. Finished items could be given to friends and family, offered to libraries or community centres etc. The message needs to be out there!



Public Affairs Digest

If you are interested in keeping up to date with campaigns news, then you can register to receive the Public Affairs Digest to download every month

—Alison Fremantle



Women in Science Day

Clare Taylor

This year sees the eighth Women in Science Day, which takes place annually on 11 February. To give it the full title, the International Day of Women and Girls in Science was created to raise awareness of very significant gender gap in the fields of science, technology, engineering and mathematics: women are under-represented.

When talent is wasted, everyone loses. So the United Nations proposed and hosts the global annual event, which is one of many steps towards the UN Sustainable Development Goals.

This year's topic, **Equity, Diversity, and Inclusion: Water Unites Us**, particularly resonates for the WI, as it links with two of the Resolutions on this year's shortlist: Save our water – every drop matters and Clean rivers for people and wildlife. [<https://mywi.thewi.org.uk/public-affairs-and-campaigns/news-and-actions/resolution-shortlist-2022-23>].

To find out more: <https://www.un.org/en/observances/women-and-girls-in-science-day/>

Did you know?

Women are typically given smaller research grants than their male colleagues and, while they represent 33.3% of all researchers, only 12% of members of national science academies are women.

In cutting edge fields such as artificial intelligence, only one in five professionals (22%) is a woman.

Despite a shortage of skills in most of the technological fields driving the Fourth Industrial Revolution, women still account for only 28% of engineering graduates and 40% of graduates in computer science and informatics.

Female researchers tend to have shorter, less well-paid careers.

Their work is underrepresented in high-profile journals and they are often passed over for promotion.