



# Middlesex News

June 2023

theWI  
INSPIRING WOMEN

## Chair's Chat

Angela Chessman

*Hello everyone*

I hope that you are all well and have enjoyed the Bank Holidays.

I don't know what we will do this month without any!

Several WIs have been sharing their events and photos from the Coronation celebrations; it was great seeing all of the banners and flags everywhere and it looks like many people had a great time with picnics and street parties.

Whatever you did, I hope you had a wonderful time.

My own WI is a member of Spelthorne Group and we recently held our Spring Group Meeting.

As usual, a good time was had by all and a highlight of the evening was the fantastic entertainment by Lindsay Barrell and her team, from WIs in Essex Federation. What an inspirational lady! She gave an amusing and uplifting talk on how she found friendship through the WI and how she was inspired to use her performance art to raise funds for charity.

## Training for Officers

online sessions

### Treasurers

Mon 3 July 2023 19:00-20:30

### Presidents & Secretaries

Mon 10 July 19:00-20:30

Both sessions are open to all new and existing Officers, there will be time to share your experiences and discuss and issues that you may have. To reserve a place please email Georgina: [secretary@mfwi.org.uk](mailto:secretary@mfwi.org.uk)



If you get the chance to see her show, do go—it is great! As one of our members said, it made her feel happy—and that can't be bad! Turn to page 5 for a report.

However, our meeting did remind me that there are very few of our WIs organising full Group Meetings.

I wonder why that is? It is great to get together with local WIs, even if it's just for a party in the park! I know that several WIs meet up informally, so why not take the next step and arrange a 'real' group meeting?

If it's anything like our last one, you will have a great time.

Turn to page 4 or see [our website](#) for a list of all our groups: time to get in touch and organise to meet up?

By the time you are reading this, we will have had our Annual Meeting in Cardiff. More about that in the next edition... But turn to page 3 for some images from the meeting (and the trip there)!

Have a good month.

*Angela*

**Newsletter deadlines >>> see page 2**

## WI BIRTHDAYS



A very Happy Birthday to our WIs celebrating in June

Southbourne  
03 June 1953

Greenford  
11 June 1985

Hayes Town  
17 June 1993

Stanmore  
18 June 2018

## 200+ CLUB

Congratulations to the winners of our recent 200+ Club draw:

**May 2023**

1st prize - £40  
Lorraine Reed, Ruislip Evening

2nd prize - £30  
Elspeth Alamgeer, Sunbury On Thames

3rd prize - £20  
Jackie Wilkins, Halliford

4th prize - £10  
Lorna Gale, Halliford

## FROM YOUR BOT

**Have you considered...**

...becoming a Federation Trustee?

We need and welcome more Trustees, and would always be happy to have a chat with any member who is interested in joining us. We will invite you to observe on of our monthly Board of Trustee meetings (either in person or on Zoom), so you can get a feel for who were are what we do.

Interested? Please call the office or drop an email to Angela at

[chair@mfwl.org.uk](mailto:chair@mfwl.org.uk)

## GET IN TOUCH

**COUNTY OFFICE**

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

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

CHAIR Angela Chessman .....	<a href="mailto:chair@mfwl.org.uk">chair@mfwl.org.uk</a>
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**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](mailto: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**

- \* July 2023 issue: 23 June
- \* Aug/Sept 2023 issue: 21 July
- \* Oct 2023 issue: 22 Sept

A PDF copy is sent to all officers and members with an email address at no charge.

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.



# NFWI Annual Meeting

1921-2021



The Middlesex contingent attending the National Federation of Women's Institutes 2023 Annual Meeting in Cardiff all signed up to the old adage "What goes on tour, stays on tour" but here are a few images from the trip and the meeting.

Things kicked off with Pimm's on the Federation coach, now a springtime tradition, accompanied by a quiz which kept travellers' eyes down.

We'll have a full report on the meeting itself in the next issue, but do take a look at the [NFWI website](#) for information on the 2023 Resolution, Clean Rivers for People and Wildlife.



## Our WI Groups

### Our WI Groups

In Middlesex, WIs are organised into Groups where a number of WIs in a local area are grouped together so that members can get to know each other.

Each Group has an Annual Meeting that usually consists of a Speaker, Group Competition and or a Display and some entertainment.

The WIs take it in turn to call the Group Committee Meeting and to make all the arrangements decided by the Group Committee.

① You can see a map with all Middlesex WIs on [our website](#). Look for "Find A WI".

### Hayes & Uxbridge

Harlington, Hayes Town, Hillingdon, Iver, West Drayton

### Middlesex East

De Beauvoir, East End, N1, Stone Rangers, Stow Roses

### Middlesex Central

Finchley, Gothic Valley, London West End, North West London, Stanmore, West Hampstead

### Middlesex North East

Clay Hill, Field Dames, Ladies of the Lock, Stroud Green, The Alexandra

### Spelthorne

Ashford, Bedfont Belles, Greeneffelde, Halliford, Hampton, Hampton Tudor Rose, Laleham, Stanwell, Sunbury-on-Thames, Sunbury Village, Teddington, Twickenham

### West London

Hanwell, Norwood Green, West Ealing

### West Middlesex

Greenford Evening, HA, Harrow on the Hill, Manor Farm, Pinner, Ruislip Evening, Southbourne.



## Greenford

Trish Quinlan

*A round-up of our past couple of months...*

We had a visit from Sarah Slater, the excellent Tour and History Guide at Hampton Court Palace, speaking on past Royal Jubilees. Her expert knowledge is so entertaining and this time was no exception; her talk covered Henry III in the 13<sup>th</sup> century, Edward III, George V, Victoria and of course Queen Elizabeth II.

Queen Victoria's Diamond Jubilee was to be at St Paul's Cathedral and as she was too frail to attend inside, the ceremony was conducted outside the Cathedral. The streets were mobbed with thousands of well-wishers, Victoria insisting on being in an open-top coach throughout the day despite having eight attempts on her life.

Sarah showed slides illustrating the good and bad points of each reign, which through history involved many trials and tribulations of horrendous events. This culminated in some of our members wearing crowns before being



Greenford WI opted for the Sudbury Golf Club again for their Spring Lunch. Although a slightly smaller attendance, it was great to have a few ladies return that we had missed during the Covid restrictions. Good conversation with a delightful meal is always good for our social interaction so here's to the next one!



We enjoyed our Coronation Big Lunch at the home of President, Madelyn Rozario. A truly festive occasion!



and a total of 200 rooms, a labyrinth of staff offices, tunnels to Parliament and private accommodation. The first Prime Minister, Robert Walpole, was in residence for 35 years, the longest tenancy.

Extensive refurbishment in 1960 involved Harold Macmillan moving into Admiralty House. In modern times, many protests and scenes of chaos have occurred in the street

One fact stuck with us: in the famous gardens behind the house lies the Pet Cemetery, there are animals including a swan, toad, leopard, parrot, cats and dogs attributed to Prime Ministers through the years that all have their final resting place in one of the most prestigious buildings in London so they too made their mark!

elected the most popular monarch, of course the winner being our late Queen Elizabeth II.

We then marvelled at Sarah's great collection of memorabilia of royal coins, medals, stamps and bone china through the ages. A wonderful talk by Sarah and great history lesson!

By April, and having switched to daytime meetings, it was pleasant to emerge in the sunshine around 4.30pm and doubly nice to have a few new members to enjoy our latest speaker for Greenford WI.

We welcomed historian Colin Oakes, an excellent historian who spoke this time on **10 Downing Street**.

There are now only three actual houses in the street, numbers 10, 11 and 12 which belies the treasures behind that famous black door—an L-shaped building of five storeys



## Hayes Town

Gill Wildman

April meeting brought us John Pearson with his talk *Blessed are the Cheesemakers*. Such an interesting, knowledgeable and witty speaker; so much laughter in the room on his experiences while working for M&S and travelling the world visiting factories and suppliers. He put out plates numbered 1, 2 and 3 with taster samples of different cheeses and everyone was invited up to take a sample.

We then tasted and compared the flavours of each cheese and voted on our personal favourite, the majority vote being the one most sold by M&S: Cheddar by Davidstow.

At the tea break everyone, took a bag containing a small chocolate egg and a Hayes Town WI coronation logo badge, already to proudly wear on Coronation Day, 6 May.



## Spelthorne Group

Eleanor Thomas,  
Twickenham

A very large crowd from Stanwell, Teddington, Ashford, Halliford, Laleham, Bedfont, Sunbury on Thames, Sunbury Village and Twickenham, together with representatives from the Federation filled St Hilda's church hall in Ashford on 13 May for the annual Spelthorne Group get-together.

After a rousing rendition of Jerusalem and reports from 2022, we listened to WI news updates, delivered in an amusing, poetic style that was delightfully refreshing.



Laleham ladies provided delicious cakes with our tea and in the break the raffle was announced.

Then came the highlight of the evening as WI member Lindsey Barrell, aka Ms



Cherry Bombe, took to the stage to talk on *Burlesque, Me and the WI*. Lindsey was a sight to behold in a red and black corset, frilly black knickers, high black boots and tights... and a very good figure! We heard the most interesting and amusing story of her search to make friends as a single mum, joining many classes and then finding Burlesque which she has now introduced to many. You don't have to be young: the average age of her Canvey Island group is 75! To conclude this most entertaining of evenings, Lindsey called on some of her troupe (similarly clad) to perform a couple of routines to rousing applause... a night to remember!

Finally, after a vote of thanks, the competition results were announced for the very clever recycled entries. With the National anthem ringing in our ears, we made our way home after a memorable evening.



## Stanwell

Dianne Butler

At our May meeting we were thrilled to have Sarah Slater back as our speaker. This time her talk was *Working with the Ghosts of Hampton Court*. A very professional and interesting speaker.

On Sunday 7 May 2023 Stanwell held a sumptuous afternoon tea with an excellent entertainer. We were joined by WI members from Ashford, Greenefield, Bedfont Belles and Twickenham. Everyone agreed it was a very special event—finishing with two verses of the national anthem.



## Ashford

Rebecca Tedder

Coronation fever swept over Ashford WI in May with all members feeling like royalty in their jewel encrusted crowns. We enjoyed royally-themed cupcakes and had a raft of Coronation memorabilia to win in the raffle. The crafting group kept to the theme making Coronation Crown boxes filled with chocolates. Extra boxes were presented to staff and volunteers at our local day community centre.



But it wasn't all queens and crowns at our meeting, as the CEO of local charity Dramatize told us about their work in

supporting adults with learning difficulties and helping them to gain life skills. The charity is expanding its work and adding a new centre in Woking, so Karen Davies was pleased to receive a donation from Ashford WI President Wendy Kisingbury.





## Stone Rangers

Helen Fisher

April was our AGM. Ably assisted by our WI Adviser Yvette, we elected a new committee, and the President was re-elected for a second year. After the business was over, we had a workshop on Indian Madhubani painting given by Nilajana Sensarkar, founder of Kraftgurus



and expert in Indian arts and crafts. Nilanjana wove stories about the history of different regional art forms throughout while we all attempted to create a fish based on the Madhubani style—some of us more successfully than others! The beautiful examples of authentic arts and crafts from Indian arts on display were inspiring. A fascinating evening.

## Teddington

Shelagh Laing

Teddington WI held an evening of Coronation Capers in May. Our theme was 'Bingo and Bling for the King', with a prize for the sparkliest attire. Members sported much sequined outfits, home made tiaras, and strings of faux diamonds, precious jewels and brooches. Our guest for the evening was Mayor Julia Cambridge. She wore the official Chain of Office, a magnificent 18ct gold

double chain which is both intricately decorated and extremely heavy. It was very impressive and very, very bling.

Our raffle featured Coronation custard, ale, fridge magnets and crockery and raised a pleasing amount of money. A tricky table quiz on Women and the Coronation had us all debating and trying to recall specific detail. Silence fell and with eyes down, and concentration filled the room. Our bingo caller delivered several rapid-fire rounds of dabbing bingo cards with cheers for a full house.

The Mayor made a toast to the King and we enjoyed a delicious supper of bakes, cakes and canapes. It was much enjoyed by all.

As ever, our evening began with decorating the room, rearranging furniture and ended with replacing furniture and filling black bin bags...

Many thanks to the Mayor and for all contributions to a merrily successful and celebratory evening.





## West Drayton

Kay Crone

West Drayton WI was been out and about in April, firstly with a visit to Perivale Woods which is a beautiful ancient English woodland with a carpet of bluebells that were wonderful to see.

The woods are owned by The Selbourne Society, which has saved the 25 acres, including wetlands and wildflower meadows as well as the woodland, from redevelopment, providing a much needed refuge for English flora and fauna. They encourage educational groups from schools to visit and host many research projects. A researcher came whilst we were there to count the butterflies; she visits weekly and walks the same route every time, to monitor the butterfly population.

Sadly, the photographs don't do justice to the sea of blue and the amazing scent that greeted us on what was a lovely sunny Spring morning. We were lucky enough to have a private group access to the woods, because it is very popular on the days it is open to the public.



English bluebells are a much darker blue, with a narrower flower and the tips of the flowers have a stronger upturn than Spanish varieties. Their scent is also stronger.

Our second trip was to Church Gardens in Harefield. This is a family run garden restoration project, a unique historic garden

that was hidden beneath undergrowth and builder's rubble until this family took on the enormous task of restoring it.

We had a guided tour of the garden and loved it—you can see the full story on the MWFI website.



## Bedfont Belles

Jenny Hanrahan

Fun and games were had at our May meeting—literally. Our committee provided a great selection of games to play from Snap! to Scrabble.

Many of us used parts of our brains that hadn't been exercised in a long time!

Just four of us went on a trip to Southwark Cathedral. We had a chat with the vicar and we saw Hodge the cathedral's rescue cat. A lovely lunch was enjoyed at The Anchor and a wind-blown walk took us back to Waterloo.







## Hayes Town

Gill Wildman, Wendy Capehorn & Joan Leonard

This royal postbox topper was unveiled on the Bank Holiday Monday by some of our members at our local Asda store (where our craft meeting is held). Their community officer HTWV member Samantha de Souza, will be in Westminster Abbey on 6 May for the King's Coronation after being awarded a BEM; we are all very proud of her. Whilst discussing her outfit she asked if Wendy Capehorn, HTWV Craft Group leader, would make her a fascinator to match her dress for the occasion.

Having previously made a Christmas fascinator for Sam, Wendy was very happy to do so once again; and a beautiful red, white and blue design was created. Sam said it was like carrying a bit of the community with her on the day!

Hayes Town WI Knit and Natter group was excited to hear of the recent MFVI invitation to make celebratory cards for Royal members of the WI. Making the cards provided a lot of



satisfaction and enjoyment and now everyone lives with the hope that at least one of them may be chosen. Who knows...?

Sixteen of our members did a May trip to Sunbury Embroidery Gallery & Café: what a little gem, set in a beautiful walled garden on the edge of Sunbury Park. The Millennium Embroidery celebrates the ancient riverside village, involved over 140 local embroiderers and took over 100,000 hours. The work is awesome and much appreciated by our crafters! *Turn to the back page for a photo.*



## Sunbury Village

Debbie Levy

We were delighted to be joined by the lovely Nikky Cussen who offered to host our members' evening. Nikky is a crafting fan and, in the past, ran the Sunbury Village WI craft nights, she was also our president for a number of years.

Unfortunately, we don't currently have a craft club, so at members' request we have introduced some craft-themed activities into our main WI evenings.

The theme of this crafting evening was repurposing (inspired by the Spelthorne Group Meeting craft competition).

Members brought along toilet roll tubes and jars. Exciting and interesting things happened as members turned their repurposing materials into new creations, all was revealed on the night, gift boxes and terrariums were created.

If you want to find out more about what we have been getting up to at Sunbury Village, visit our website:

<https://www.sunbury-village-wi.com/news/>







## Laleham

Chris Walker

Our speaker at this month's meeting was Cathryn Ryan, who gave us a very informative talk about ovarian cancer.

Cathryn spoke about her personal experience of losing her wife to the illness, and included really useful information about signs to be aware of and the need to seek early medical help.

Cathryn highlighted the work of The Eve Appeal, which is the only UK charity raising awareness and funds for research for the prevention and early diagnosis of gynaecological cancers.

Members were able to buy copies of Cathryn's quiz/recipe book which she has produced to raise funds for the charity.



## Sunbury on Thames

Barbara Walker

Our meetings are going well, with numbers slowly creeping up. We had a good birthday, celebrating 43 years as a WI. We had fish and chips followed by a lovely cake made by Jackie, our President, and the entertainment was belly dancing.

Unfortunately the planned trip to the park for the Coronation Celebration had to be cancelled because of rain. Lucky it was decided to cancel the day before.



## Ruislip Evening

Sandy Channon

It has been a very busy couple of months at our Ruislip Evening WI. Our April meeting was a fun evening with lots of laughter, which included chocolate tasting (won by Galaxy Smooth with Hershey's coming last!) Hard-boiled eggs were painted and an egg rolling competition was much more difficult than it



looked!. Well done to a few of our ladies and Hillingdon Litter pickers who at the beginning of April helped to clear litter from a small area of Jim

O'Neill Walk; amongst a large pile of rubbish were two Hoovers and a lawn mower.

Our May meeting was just before the Coronation and we celebrated dressing up in red, white and blue, eating fruit cake, and having a delicious quiche competition, which was won by Lesley. Lorna provided a fun Coronation quiz where we had joint



winners of Tricia and Rosemary, who managed to get 15 of 16 questions correct.

A theme of red for our pennies competition was won by a lovely red bra! Plants and books were also



donated and the prizes for our raffle had a Coronation theme. Lorraine and Dot worked hard to give every member a bag with a stone and paints for members to paint a Coronation theme stone, and a Coronation bookmark keepsake was also provided.

We also had an interesting talk from Lucy from Mindfood, an Ealing-based charity supporting people with depression, anxiety and stress to improve their wellbeing through gardening, mindfulness & creativity. Further information can be found at [www.mindfood.org.uk](http://www.mindfood.org.uk). An enjoyable, fun evening with almost a full house from our members.

Our book club is reading the thought provoking *Normal People* by Sally Rooney and we are looking forward to a visit to Church Gardens in Harefield in May.



## Craft Inn

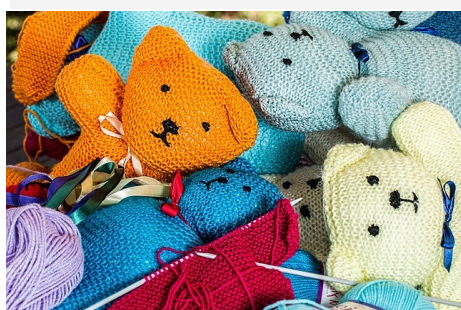
A weekly craft get-together, hosted by members of the MFWI Craft Committee.

**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@mfw.org.uk](mailto:craft@mfw.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*

15 June

### Encaustic Art

£8

20 July

### Dream Catcher

£6



17 August

### Paper Craft

£6

19 October

### Silk Painting



£10

16 November

### Suffolk Puffs

£6

14 December

### Decoupage Christmas Bottle

£8



*Hayes Town was the latest WI to be awed by the stunning Millennium Embroidery displayed at the Embroidery Gallery in Sunbury, an inspiration to all needleworkers!*