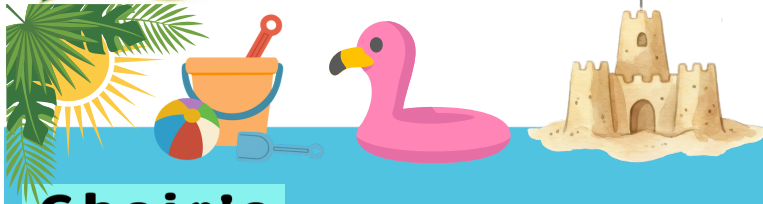




Middlesex News

July 2026

theWI
INSPIRING WOMEN



Chair's Chat

Alison Fremantle

Dear Members,



I hope you are all enjoying the weather and getting out and about while it lasts. I've had a non-stop enjoyable month, starting with the NFWI Annual Meeting. I spent the day at Teddington WI, and was so grateful to my hosts, who worked so hard to overcome technical problems of setting up. We were treated to some great speakers, and a very good Chair's address. Delicious cake was on hand too, which supplemented my rather boring Tesco sandwich. I hope those of you who watched again this year felt that it was a much better meeting. I'm looking forward to going to Hull next year for the in person NFWI Annual Meeting.

200+ Club shares can now be purchased for 2026/27

Annual subscription is £6 per share

Please ask your WI Secretary or the Federation Secretary for the application form, or more information.

I'm proud of the constant fund raising and the community work I read about in the Middlesex news – cake stalls, table-top sales and trauma teddies. This month I joined members of the West Drayton WI (some of them pictured here), at St Martin's Church fete, where we chatted to the members of the community whilst serving refreshments. I'm sure we had loads of customers because of our home-made cakes!

I read that we've been crafting too. The MFWI craft group had a go at Sashiko, Hallford decorated glassware, with beautiful results, and flower pressing at Ashford Evening – lovely for making special greetings cards.

Yesterday I was really entertained by Greenford WI at their birthday party. The members were so welcoming, we had a lovely singalong whilst learning about the days of the music halls, and the food was really delicious. Thank you Greenford for a lovely afternoon.

With best wishes,

Alison

Newsletter deadlines >>> see page 2

WI BIRTHDAYS



There are no WIs celebrating birthdays in July or August

WI Lottery

You can support Middlesex Federation by buying WI lottery tickets through our WI Lottery page.

Follow the link below to our page:

<https://www.thewilottery.co.uk/support/middlesex-federation-of-womens-institutes>



200+ CLUB

Congratulations to the winners of our recent **200+ Club** draws:

1st prize - £40

Pat Darius, Manor Farm

2nd prize - £30

Maureen Hayward, Halliford

3rd prize - £20

Philappa Harris, HA

4th prize - £10

Jonquil Beale, Hillingdon



GET IN TOUCH

COUNTY OFFICE

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

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

- CHAIR Alison Fremantle chair@mfwi.org.uk
- SECRETARY Georgina Glynn secretary@mfwi.org.uk
- TREASURER Elizabeth Morrell treasurer@mfwi.org.uk
- 200+ CLUB Sarah Endersby/Georgina Glynn 200plusclub@mfwi.org.uk
- ARCHIVES Elizabeth Alcock archivist@mfwi.org.uk
- CRAFT Alison Fremantle craft@mfwi.org.uk
- DIGITAL TEAM Georgina Glynn digitalteam@mfwi.org.uk
- MCS Sarah Endersby mcs@mfwi.org.uk
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- PUBLIC AFFAIRS Alison Fremantle publicaffairs@mfwi.org.uk
- SPEAKERS DIRECTORY Georgina Glynn speakers@mfwi.org.uk
- WEBSITE Georgina Glynn website@mfwi.org.uk

Newsletter Info

Please send articles (maximum 150 words please) and photos (largest size possible, as separate attachments, please) to newsletter@mfwi.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

- **Sep 2026 issue: 21 Aug**
- **Oct 2026 issue: 18 Sep**
- **Nov 2026 issue: 23 Oct**

A PDF copy is sent to all 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.

Middlesex West Area Group Meeting
Celebrating WI Day

Come and be entertained by Iestyn Edwards, aka Madame Galina

"Spot on - essential viewing" - The Evening Standard
"A tour de force, irrepresible variety turn" - The Sun
"The audience howled with laughter" - The Times

Tickets £5
Tea or coffee and a cake included
Entry by pre-purchased ticket only

Competition for group members

Raffle

WHERE
Yiewsley & West Drayton Community Centre
228, Harmondsworth Road,
West Drayton UB7 9JL

WHEN
Saturday 12th September 2026
2 - 4pm
(Doors will open at 1.45pm)

email: westdraytonpres@mfwi.org.uk
for more details

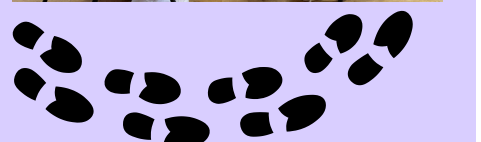
ea



West Drayton Juliet Humphreys



If, in these inflationary times, you are considering a second career as a criminal, forget about watching all those police procedurals and whodunnits. You need to listen to Chris Truran's highly entertaining and informative talk, A funny thing happened on the way to the Old Bailey, as we did this month. Chris is a retired Scene of Crime officer with 40 years' experience. He has attended 25,000 crime scenes, giving evidence in 26 cases at the Old Bailey. His talk is invaluable, especially if you have set your heart on being a robber. Chris will tell you everything you shouldn't do! One hint: gloves. Yes, some criminals really can be that stupid.



Laleham Chris Walker

Last year some members of Laleham WI launched a Craft Club for likeminded members to work on their own projects and try to out new techniques as a group. Tea and biscuits feature as well of course.



The group meets once a month at the house of one of our members, Kim, and has grown in size. over the months. They have produced some fabulous creations, including easel cards, decoupage items, Iris cards, and felt work.

Teddington Sian Cooley

Teddington WI all put in a great effort for the Twickenham May Fair, planning, baking, donating bottles for the Tombola and then working on the stall in the overwhelming heat of Bank Holiday Monday May 25th.



We are so proud of the members we made over £730 profit to fund our



programme for next year!



We've had an interesting couple of months at our meetings making mosaics and having a presentation from Kingston Samaritans. We are also looking forward to our July Summer party on a boat trip up the Thames!

Greenford Trish Quinlan



As usual, a great attendance for our celebration with welcome visitors from Middlesex Federation Chair Alison Freemantle and Julia Lewis, along with Manor Farm's President Pat Harpur with Enid Welsh and Ruislip Evening's President Vivienne Maclennan with Daphne Goulding. Our theme was Old Time Music Hall with historian Tricia Thompson. We were requested to bring a hat if available in keeping with the times. Tricia brought along her catalogue of tunes from the 1880s so we could join the likes of Marie Lloyd, Hettie King and Florrie Ford in 'old time favourites'. The ages of our audience meant most of us knew the words from hearing the songs from grandparents or relations who would play the piano for family get togethers. Tricia did tell us the dark side of Music Hall entertainers who due to long working hours and many shows per night for little money took to drinking resulting in short lives. When the Music Halls closed down, more sophisticated theatres began to appear as the public's taste changed in keeping with the new age of entertainment.



We then enjoyed a great spread provided by members along with the customary birthday cake. Followed by a short quiz, which we hope our visitors enjoyed as much as our members.



Ashford Evening Deborah Martin

Ashford WI members got sporty at the June meeting with their own radically modified Commonwealth Games, ahead of the actual Games which will be held in July in Glasgow.

Five teams representing disparate countries around the world competed



for medals in matches that were adapted for all, and/or no, abilities! From throwing miniature bean bags to designing paper planes, there was something for everyone.



All teams took medals, but Team Barbados had the most gold with two clear wins and one tie for gold. Team India did well taking 1 gold and 4 silvers but also gained adulation for best team in national dress. All medal winners were pleased to get their awards.



The following day, members met at the Fordbridge Centre to watch the NFWI AGM on Zoom. It was a case of 'hats on' to watch the variety of speakers. Attendance was good, but we can't say whether that was down to the selection of speakers or the promise of a generous lunch.



The efforts of the crafters were rewarded when many of their items were sold. Ashford WI ran stalls at two local events and made substantial profits at both. It seems that beaded 'fairy wands' to go in the garden are very popular!

Squeezed into the calendar of activities, there was time for another walk which delivered better weather than last month. With the enticement of a pub lunch, there are bound to be more walks in the future.



Public Affairs Alison Fremantle



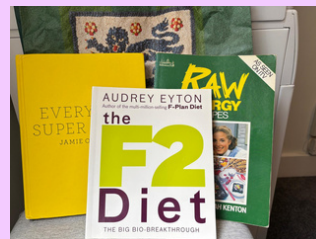
I don't know how many of us managed to watch the Annual meeting, but as I expected the two resolutions were both passed with approximately 95% votes. So now your public affairs committee will be encouraging you to discuss ways of implementing the campaigns. A great way to start with the Public Toilets campaign would be to check out your local facilities, as Twickenham WI are doing. The council may have a list, as Richmond does. A possible way to start thinking about the Action for Women's homelessness, could be to invite one of the charities, local to your group, to come and talk about their work, and their findings on women's homelessness.

Wednesday 15th July will be 'Give something Away Day'. That could mean clothing or brick-a-brack, or non-perishable food. So, ladies, it's time to go through the wardrobes or store cupboards again. I am a terrible squirrel and have things we don't need or use anymore. Or it could also mean some of your time, perhaps to help a neighbour or relative with a task, or a session at the food bank or soup kitchen.

As always, it's inspiring to read about all the kind things members do for others.



Hillingdon Diane Street



In June one of our members, Shobhna, gave a talk about bowel cancer. She gave us leaflets and possible symptoms. She also said that early diagnosis was a must. Her talk also included tips about diet and good things to improve in your eating habits.



Also, in June we held a coffee morning at Christ Church (our meeting venue). We had some illness at this time and so Christine, Judy and Jonquil served the coffee and cakes (made by Christine and Jonquil).



Ruislip Evening

Sandy Channon

Our June meeting was really busy. We invited Laura and Natalie who recently opened their shop in Ruislip "Refill Your Cup", to speak to us about their mission to enable our local community to reduce waste, have a positive impact on our environment and change our buying habits. Bring or purchase a reusable container, bottle or even a small glass jar and fill them with a wide selection of dry items and you can even make your own peanut butter. Washing up liquid, candles and personal hygiene items, are also available and only pay for the amount you need. The chocolate covered raisins provided by Laura and Natalie were delicious! Many of our ladies have already visited the shop, bought their produce and donated various empty jars and bottles.



Our Ladies then enjoyed a "hedgehog cheese and pineapple" and a non- alcoholic wine tasting. Red, white, rose, cider and a Fortnum and Mason Sparkling Tea were tasted and voted for. The Sparkling tea was delicious and won the most votes. Our pennies competition of something Scarlet was won by Shelly's sparkling hat.



Viv organised an excellent trip on a steam train from Chinnor to Princes Risborough which included afternoon tea and scones. Our book club also had an outing to Winston Churchill Hall for the Hillingdon libraries Crime Festival. 16 fabulous authors were interviewed. All the books were available to purchase and signed by the authors. Hillingdon run a regular "Coffee and Crime" event at Manor Farm Library interviewing authors.



Hayes Town Wendy Capehorn



During our April meeting we had the pleasure of welcoming the Mayor of Hillingdon who spoke about his year in office. He shared so many fascinating facts and insights, taking many questions afterwards, making it an engaging and memorable session for all.



In early May, a few of our members, joined with West Drayton, for a delightful visit to Arundel Castle. This castle is huge, offering stunning views all around. We also had time to explore wonderful surrounding grounds and gardens, before leaving.

During our May meeting we were joined by Jodie, a talented florist, who created a stunning floral arrangement which was much admired and later raffled off. A cheque for £100 was also presented to a representative of Hillingdon Carers Trust; donations raised by our Competitions Table and Cake Sale. We were proud to support such a worthy cause.



Chelsea in Bloom was out of this world, from Planets and Spaceships, Poseidon and Pearls, Mermaids, Medusa and Dragons with Fire, all made with flowers, so much to inspire. Walking up one side, then back down the other, short stop for lunch - then home to recover.

By Shirley Vick



Stanwell Louise Stuart



Another exciting month with Stanwell WI! We were delighted to welcome Nick Hart from Heritage Coins. Nick has a passion for the fascinating world of coin collecting and the stories that coins can tell about the history, culture and heritage. Heritage Coins specialises in bringing collectors and enthusiasts closer to both historic and commemorative coins, helping people discover the remarkable events, people and traditions captured in these small pieces of metal. Nick shared his knowledge and expertise, taking us on a journey through the world of coins, their history, and what makes them such treasured collectibles. Whether you are an experienced collector or simply curious to learn more, his talk was both informative and entertaining.



We were able to attend a screening of the National annual meeting at a Squires Garden centre. Thank you to Sunbury on Thames WI for organising this watch party. The ladies enjoyed a lunch too.

Sunbury on Thames

Gerry Attias

June was an interesting month. We held the NFWI Annual Meeting watch party, and we were joined by members from Stanwell and Halliford WI. One of our subgroup Armchair Travel, eight members decided to leave our armchairs and take a trip to Denbies Wine Estate. It is England's largest single-estate vineyards, set in the Surrey Hills. After a lovely lunch we went on the vineyard train tour. The open-sided train took us on a 50-minute ride that scales the vine-clad hillsides with sweeping views of the Surrey hills.



Our two Reading Groups, our Theatre Group and our lunch club are all well attended.

Our June meeting was craft based. Our members had fun attempting decoupage key fobs and were successful. The afternoon finished with a general knowledge quiz.



Bedfont Belles Jenny Hanrahan

Any excuse for a party! Our ladies organised a fun evening with lovely food, Pimms, a grab raffle, Jean's lucky dip and some challenging games. Plans were made for lunch out at our local pub, the Bell on the Green, later in the month.



City Skylines

Can you name the city by its skyline?

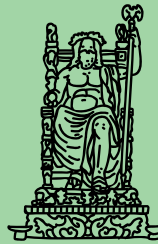
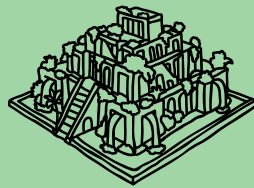


Airline logos



7 Ancient Wonders of the World

Name the 7 ancient wonders of the world



- 4. Temple of Artemis at Ephesus (Turkey)
- 5. Mausoleum at Halicarnassus (Turkey)
- 6. Colossus of Rhodes (Greece)
- 7. Lighthouse of Alexandria (Egypt)

- 1. Great Pyramid of Giza (Egypt)
- 2. Hanging Gardens of Babylon (Iraq)
- 3. Statue of Zeus at Olympia (Greece)

- 5. Lufthansa
- 6. Qatar Airways
- 7. Nepal Airlines
- 8. Fiji Airways

- 1. Thai Airways
- 2. Singapore Airlines
- 3. British Airways
- 4. Qantas

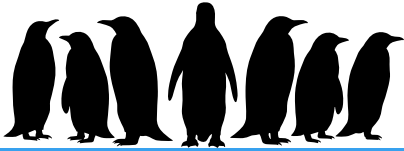
- 1. Dubai
- 2. New York
- 3. London
- 4. Brussels
- 5. Vienna

Underground

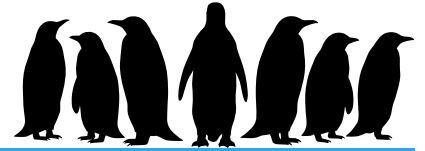
Airline Skylines

10 facts about...

1921-2021



Penguins



Here are 10 (probably) true facts that you (potentially) didn't know about penguins.

1. They have built in heaters - To survive the freezing cold, penguins rely on thick layers of blubber and tightly packed, waterproof feathers.

2. They sneeze out salt - Because they ingest seawater while hunting, penguins have a specialised gland behind their eyes that filters salt from their bloodstream. They then expel it by sneezing

3. They have no sense of taste - According to genetic studies, penguins lack the functioning genes for sweet, bitter, and umami tastes. They essentially swallow their meals whole without chewing, so taste isn't necessary

4. Catastrophic moulting - Unlike other birds that lose a few feathers at a time, penguins undergo a "catastrophic moult" once a year. They lose all of their feathers at once and must stay safely on land for two to three weeks while their new coat grows in



5. A group is called a "waddle" or a "raft" - While penguins are usually referred to in a colony, they get distinct group names depending on where they are. On land, a group is called a "waddle," and in the water, it is called a "raft"

6. Unique proposals - In the wild, male penguins search for the smoothest, perfectly shaped pebbles and gift them to their chosen mate as a form of proposal. The females use these to build nests.



7. They evolved to fly underwater - Instead of hollow bones suited for the sky, penguins have solid bones that act like weights to reduce buoyancy. This allows them to "fly" gracefully through the water.

8. Brilliant camouflage - Their black and white coloring is a defense mechanism called countershading. The black backs help them blend into the dark ocean from above, while the white bellies blend into the bright surface for predators looking up.



9. They can hold their breath for a long time - Depending on the species, penguins generally dive for about five minutes at a time, but they can stay submerged for up to 30 minutes. Emperor Penguins have been recorded diving to depths of 565 meters

10. They live exclusively in the Southern Hemisphere - While many associate them purely with the ice and snow of Antarctica, you won't find any in the Arctic. They can be found as far north as the Galápagos Islands, South Africa, Australia, and New Zealand



LORRAINE'S CRAFTS

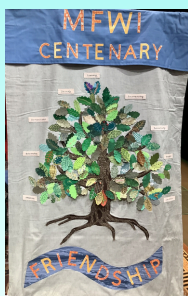
A weekly craft get-together, hosted by Lorraine.

19:30, every Monday

Zoom link

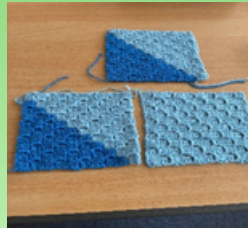
Meeting ID: 8528335 4467

Passcode: 358099



CRAFTY CORNER

The recent dabble day was a great success. We practiced Sashiko, a country stitching art of Northern Japan. Some of us had tried it before, though others, like me were new to the skill. You only have to do small running stitches, but the art is in making them even! Once in the habit, it became easier, and quite relaxing – the perfect pass time for a long train journey.



Our next dabble day will be a crochet session, making corner to corner squares. This will be run by Kay Crone and Jill Lord, both experts and able to help with any difficulties. So even if you've never done any crochet before, you can come along and have a go.

We have all the materials needed and the cost will be £5.00 for the day. As usual, bring lunch, and please book your place on craft@mfwi.org.uk

Dabble Day

Crochet

Corner to corner squares

£5

18 AUGUST, 2026

10:00 AM

MFWI County Office,
Unit 3, 7 The Green,
West Drayton,
Middlesex
UB7 7PL

Please contact Alison to book your place.

craft@mfwi.org.uk

FUTURE DABBLE DAY DATES FOR YOUR DIARY

October (date to be confirmed)
– fabric collage book covers.

Tuesday 1st December – Hand sewn Christmas decorations.

All sessions last from 10 am till 3 pm

Please contact craft@mfwi.org.uk to book your place.

If you have a crafty idea that you would like to help us to try, do please get in touch with us at craft@mfwi.org.uk