



Middlesex News

September 2026

theWI
INSPIRING WOMEN

Chair's Chat

Alison Fremantle

Dear Members,

I hope this chat finds you well and you're recovering from the heatwaves we've been experiencing. I'm sure it must have been hard for some members to cope with our ailments in this heat. Thank you to all our kind neighbours and friends who have stepped up to help us with daily tasks which have been extra difficult in the heat. During the Middlesex News break, I still found plenty to do, at my WI meeting, my lovely neighbour Anjuna Kalsi came to our meeting to demonstrate how to cook a vegetable Pilau rice dish. I was her Sous chef! Also, there were outings and craft workshops, not to mention family gatherings and evenings out with friends.

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.



My latest venture, a new experience, involved a 'day retreat' to Aylesbury, where I spent the whole day with forty other ladies and gentlemen making a crossbody bag. Needless to say, I didn't get it finished on the day and had to complete it at home. However, it was a great day, and I enjoyed being so focused.

Looking forward to next month, we have the Middlesex West area Group meeting coming up on Saturday 12th September, to which ALL members in Middlesex federation are invited - see the flyer in the Middlesex News. And your Board of Trustees will be meeting again monthly to continue business as usual. I am looking forward to reading this edition of the Middlesex news and finding out about the inspiring events happening in your WI Groups.

Finally, just a reminder about VIA – our on-line learning hub, it is so easy to use. There are many courses to choose from, and I hope that more members are discovering variety and enjoying learning something new.

Best wishes to you all.

Alison



Newsletter deadlines >>> see page 2

WI BIRTHDAYS



Happy Birthday to our
WI celebrating in
September
West Ealing
27 September 2011

200+ CLUB

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

July 2026

1st prize - £40
Anne Stanton, Bedfont Belles
2nd prize - £30
Elizabeth Morrell, West Drayton
3rd prize - £20
Diane Williams, HA
4th prize - £10
Fran Pulford, HA

August 2026

1st prize - £40
Diane Street, Hillingdon
2nd prize - £30
Eve Cooper, Sunbury on Thames
3rd prize - £20
Valerie Grove, Laleham
4th prize - £10
Sunbury on Thames WI



GET IN TOUCH

COUNTY OFFICE

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

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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

- **Oct 2026 issue: 18 Sep**
- **Nov 2026 issue: 23 Oct**
- **Dec 2026 issue: 20 Nov**

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

The newsletter is also available on the [MFWI website](http://mfwi.org.uk) as a PDF file. You are free to print and distribute copies to your members/community as you wish.



Note for Treasurers Liz Morrell

Big thank you to all the treasurers for all the work they have been doing and for the support they have given me while I learn the ropes of this new role. Just a reminder to please keep paying me regularly and to send me a quick email letting me know what the payment is for as this will help me keep track.

Thank you.

Liz



Yes, I do mean 2027!!!!

The 2027 NFWI AM is taking place in person, at The Connexin Live, Hull. The meeting will also be available online.

As a Federation Middlesex will be asked to send 10 delegates to represent our WIs. There will also be an opportunity for you to attend as an observer. Ticket price and availability have not been cascaded as yet for observers.

Delegates who attend the meeting in person will be eligible for a ticket, transport via the Federation provided coach and hotel accommodation with no cost to yourself.

Observers are welcome to use the Federation coach at a nominal cost - to be agreed however, accommodation will need to be booked and paid for by yourself.

The Federation has booked a hotel in Hull for the 2nd and 3rd June, and we will be returning on 4th June. If you are interested in being a delegate or attending as an observer, please email sarahendersby@mfwi.org.uk by 30th November 2026.

Delegate names will be drawn out of a hat should we be oversubscribed.

Observers will be on a first come first served basis and will depend on how many tickets we are allocated. Looking forward to seeing some of you in Hull.

West Drayton Juliet Humphreys

We have had a busy summer. Kay, our president, kindly hosted a splendid garden party at her home. It was enjoyed by all with plentiful Prosecco and homemade cakes. Then we welcomed Pat Dibben to our July meeting to demonstrate her extensive flower arranging skills. She made it all look so easy, chatting while she seemingly spontaneously plucked a stem or two from the collection she'd brought with her. Usefully, Pat even gave us some tips about teacup arrangements: keep the arrangement proportionate and match colours to the design on the teacup. Pat also judged our bag design competition which was won by Kay.



Finally, in August, Anjuna showed us how to make a vegetable rice pilau and cucumber raita. In proper Blue Peter tradition, she brought one she made earlier for us to eat. The food was delicious and the pilau, although chock full of spices, was tempered by the raita. A perfect balance, something which, after five heatwaves, the weather might have done well to consider!



Teddington Fiona Twitcher

In July, Teddington WI celebrated their 15th birthday in style, with a boat trip from Teddington Lock, through Kingston, to Hampton Court. Over 50 members and assorted guests came out in the scorching late afternoon sun, to spend a few hours enjoying each other's company, eating, drinking and soaking up the views of the river. What a lovely way to spend a summer's evening.



Our walking group headed up to Baker Street in central London for the start of our guided walk, led by Phil and Pam. Winding through the back streets of Marylebone, we heard about the social history of the area, the workhouses and grave robbers. We crossed Harley Street and went to the house once owned by Stephen Ward, who was a key figure in the Profumo affair in the 1960s. Finally, we made our way past BBC Broadcasting House and ended our walk at The Yorkshire Grey Pub for a welcome drink and a bite to eat. We can't wait to head off on another London walk.

Laleham Chris Walker

June meeting had a rocky start as the extreme heat, and a local power cut threatened the whole event but with no time to alert members. After some hasty phone calls, it was decided to carry on with the meeting and revise a couple of aspects - in particular swapping the usual tea and biscuits for Pimms, lemonade and squash! Much more appropriate for the weather and welcomed by all attendees.



Our speakers for the evening were newly elected councillors for West Surrey, Sinead Mooney and Maureen Atwell. They gave a useful insight into life as a local councillor and the challenges ahead involved with the change over to the new West Surrey Council in April 2027. They were very helpful and obviously committed to providing a great service to their communities.



July meeting saw a visit from Jonathan Newell who is the Public Engagement Manager at RHS Wisley. Another hot evening for everyone but Jonathan entertained with his fascinating talk on the 7000 species trees growing across Britain and brought examples of leaves from Wisley. He was an interesting speaker as he shared some of his experiences from his rich and varied career.



Stroud Green Christine Gregory

Calm and quiet concentration filled the room as SGWI members focused on feeling how their bodies responded to gentle movements as they followed Feldenkrais practitioner Victoria Worsley's instructions.

Victoria said she became hooked on the Feldenkrais Method of movement at 17, when she was training to be an actor, and has been teaching people in Crouch End for 20 years. She told members that humans were born at an early stage of development, compared to other animals, and have to learn how to move their bodies as they grow. Everyone develops their own patterns of moving and holding their bodies.

Members were encouraged to take off their shoes so they could feel the ground under their feet and better feel the support it provided. To start, members stood and felt the movement involved in looking over both shoulders, twisting round to both sides while looking up and down and feeling which movements were easiest

Then everyone sat towards the front of their chairs, with their feet on the ground, and practiced twisting from one side to the other with their weight on alternate buttocks. This was followed by walking around slowly and feeling how their bodies felt after doing the twisting movements, and then another set of seated twists.

By the end of the session, everyone was feeling quite chilled and more aware of their body.



Public Affairs Juliet Humphreys

International Equal Pay Day

Let me remind you: this is 2026. In this country, by law, men and women must be paid the same for doing equal work. This is nothing new. The Equal Pay Act was passed in 1970, followed by the Equality Act in 2010. And yet there is, this year, an ongoing government consultation to improve equal pay. It shouldn't, of course, be necessary. But it is.

Recently, cases were successfully brought against Next, Asda and Birmingham City Council.

Elsewhere it is much worse. Globally, women earn an average of 77% of their male counterparts. The worst offenders are South Korea, Israel, Japan... and USA. Even Afghanistan is lower than America. The glass ceiling is still cited as contributing to all of this. There are fewer women in senior executive roles and more working part time and in lower paid jobs.

International Equal Pay Day is 18th September. It was established by United Nations in 2019. If you work or know people who do, ask questions. Even in 2026 we cannot assume every organisation is abiding by the law.

Southbourne Jackie Head

We were very lucky to have Susan and Phillip Toms from the Ruislip and Northwood History Society give us a very interesting talk about the history of Eastcote House with its history going back to the 16th century. This building was demolished in 1964, but its footprint is laid out with stones in the now very popular park. They also had greeting cards with old photos of not only Eastcote House but other historic buildings in the area.



This month we had 2 themes; Z and the colour red. Joyce Gander won the Z with her very cute Zoo fridge magnet. Anne Taylor was the winner of the red theme with her very luxurious red fan.

It was a very hot evening, but we all enjoyed ourselves



Ruislip Evening Sandy Channon



Our July meeting welcomed Georgina Glynn, our Middlesex Federation Secretary, she gave an excellent presentation and explained what her job entailed. Georgina looks after 38 WI groups under the Middlesex umbrella and has a variety of tasks, she is an important link between the Middlesex WI officers and the Board of Trustees. She explained how to sign into My WI using your email, a link will then be sent to you so you can set a password and then proceed to various links on the site. If you are interested in online courses including craft, history, travel etc. there is a link on the site to VIA which has a selection of flexible courses, definitely worth looking at. After tea and cake a Chinese raffle was lots of fun, where some of the prizes swapped hands many times- it's not yours until the last ticket is drawn.



In July we arranged a visit to the Royal Opera House for an amazing "Behind the Scenes" tour which included the "props" room and many areas not seen by those going to the Opera and Ballet. We went on the Bridge of Aspiration, linking the Royal Ballet School to the Opera House, under and behind the stage areas and up to the top of the stalls, where the cheapest seats are found - and they say the best acoustic are heard! Our guide was excellent. Lunch next door at La Ballerina finished a lovely day, well worth seeing.

Our August meeting is always fun filled and relaxing, we arranged Irish Bingo, dingbats, film, music groups and strong women quiz, table and floor games, hoopla and bean bags. The declared winners winning the prize of chocolates! Our charity pennies theme was golden where there was an excellent selection of beautiful items won by a "Golden 50th Anniversary tea pot". Kim provided an amazing basket of goodies for the raffle. Books, puzzles, and produce were swapped for a donation. Many thanks to everyone who helped make the evening a success.

Hayes Town Wendy Capehorn

We marked our 33rd birthday in June with a lively members meeting. Even though our scheduled entertainer cancelled just three days before the event, our spirits remained undampened. Sam D'Souza, the community officer from ASDA truly came to our rescue. She curated a fantastic playlist of music from the fifties and sixties and later in the afternoon took song requests from everyone.

Alongside this we enjoyed a fun quiz and, as always, excellent food. It was undoubtedly one of the most memorable parties we've had.

Later in the month, Wendy delivered an engaging presentation on the history of the WI at Hayes End Library. With word quickly spreading, seems she may soon be presenting at every library across the borough. To make the occasion even more special Shirley Vick, our talented resident poet, composed a poem for the event. Word of mouth is a truly powerful thing!



Why The Womens Institute?

It's not just for making jam and cake,
There's lots of crafts for you to make

So why not come along and see?
I went and found something for me.

There are people you might know
Or perhaps new friends to make,
You never know what you may find
That's just the chance you take.

So why not come along and see
Just have a chat, a cup of tea.

Maybe you will fit right in,
You'll never know unless you've been.

By Shirley Vick



Stanwell Louise Stuart



What a hot hot month it's been! We made it through with smiles but a sweaty top lip! A quieter month than usual, but we still managed to play croquet and award the winners their trophies. Well done to all the ladies who managed to play through the heatwave.

The book clubs have been enjoying reading a book about friendship and the importance of relationships, a great book 'The Authenticity Project' by Clare Pooley.

The annual summer garden party took place, and we were pleased that the weather was nice, but not too hot. It was a great turn out and we raised some amazing money for Parkinsons UK and Cruse. Thank you to Mary and family for hosting and catering, and another thank you to everyone who provided prizes and helped on the day.

Looking forward to the autumn/winter months with lots of exciting talks and activities to share.



Spelthorne Group Meeting Gerry Attias

The Spelthorne Group WIs met in July for the annual wash up meeting.

As is customary, the meeting provided an opportunity to reflect on the Group Meeting held in May, including feedback from members and financial matters. It was noted that attendance at this year's meeting was lower than in previous years.

Following a thoughtful discussion, the majority of those present voted not to continue the Spelthorne Group in its current form. Stanwell and Sunbury on Thames WIs expressed a wish to continue and shared some positive ideas for how a group might work in the future.

While it is sad that the Spelthorne Group, which has brought WIs together for nearly 20 years, will come to an end in its present form, we are grateful to everyone who has supported it over the years.

We also look forward to exploring new opportunities to bring local WIs together in ways that reflect the interests and needs of today's members.

theWI Middlesex

Bedfont Belles Jenny Hanrahan

A speaker was planned for our July meeting who works in the ambulance service. Unfortunately, he was called away with an emergency.

Chris, our president, made an impromptu request for any members who were willing to share a little about their lives - where they were born and brought up, what jobs they had done, any anecdotes which may be interesting. It turned out to be a really informative evening as we all found out things we never knew about our friends, even though we had known some for several years.



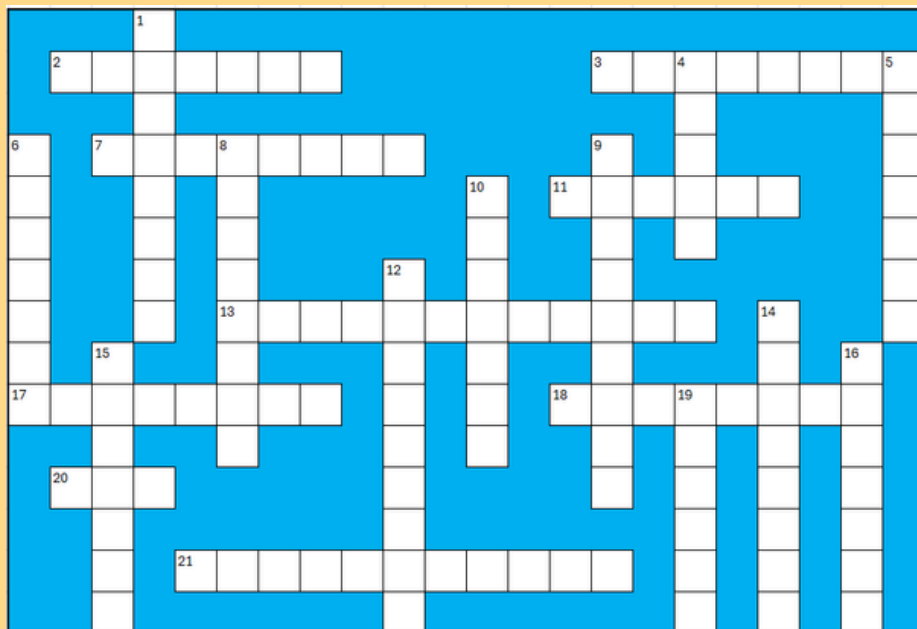
A meal at another local pub was greatly enjoyed. A choice of Indian food or 'Pub grub' meant everyone could find something to their taste.

Our August meeting was due to be held on the hottest day on record and therefore the decision was sensibly made to cancel.



Summer crossword

Can you solve this crossword?



Across

- 2. Middle of Earth (7)
- 3. Outdoor cooking (8)
- 7. Basic care (8)
- 11. Sun radiation (6)
- 13. Storm with thunder (12)
- 17. Hot region (8)
- 18. Amount of rain (8)
- 20. Sun protection number (3)
- 21. Lack of water (11)

Down

- 1. Moisture in air (8)
- 4. Rest (5)
- 5. Discover (7)
- 6. Moving water (7)
- 8. Longest summer day (8)
- 9. Turn to vapor (9)
- 10. Drink water (7)
- 12. Exciting trip (9)
- 14. Edge of ocean (8)
- 15. Direction tool (7)
- 16. Weather pattern (7)
- 19. Outdoors (6)



Dingbats

GMADEB

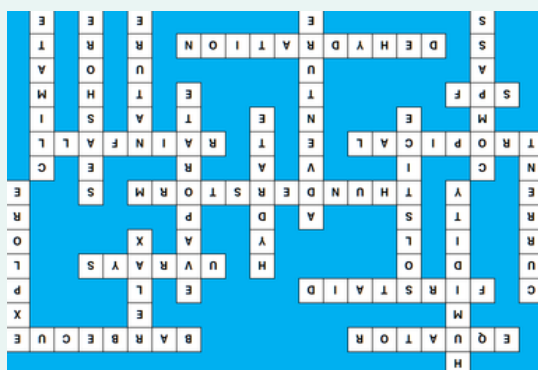
ABCDEFGHIJMO
PQRSTUVWXYZ

Waether

SOIL

St. Pancras

Gra 12" ve



Crossword

Dingbats

- 1. Made in Great Britain
- 2. Missing Link
- 3. Bad spell of weather
- 4. Underground train station
- 5. One foot in the grave

10 facts about...

1921-2021



Eggs



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

1. Complete Protein - Eggs contain all 9 essential amino acids required by the human body.

2. Age dictates size - As a hen grows older, the size of the egg she lays increases.

3. Production time - A hen typically takes 24-26 hours to form and lay a single egg.

4. Shell strength - An arch shape gives eggshells immense strength under uniform pressure, letting a hen sit on her nest without crushing them.



5. Global champions - People in Japan consume the highest number of eggs per capita worldwide, averaging roughly 320 eggs per person annually. It is only 200 in the UK.

6. Chef hat pleats - The traditional 100 pleats in a classic chef's toque are said to represent the 100 different ways a chef can cook an egg.

7. Feathers and earlobe clues - You can often predict a hen's eggshell colour by looking at her earlobes and feathers; white earlobes usually mean white eggs, while red earlobes mean brown eggs.

8. Washing differences - US regulations require eggs to be washed, removing bloom and necessitating refrigeration. In the UK and Europe, washing is restricted to preserve the natural cuticle meaning they can be left out the fridge.

9. The anchoring string - The twisted white cords anchoring the yolk in the center of the egg is called chalazae.

10. Egg sizing - UK eggs have 4 egg sizes.
Very Large: 73g or over (in the shell)
Large: 63g to 73g
Medium: 53g to 63g
Small: Under 53g

Choosing a Medium egg can be easier on the hens and helps support better farm animal welfare.

LORRAINE'S CRAFTS

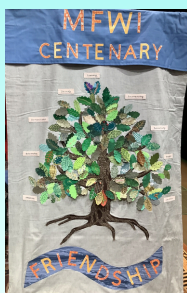
A weekly craft get-together, hosted by Lorraine.

19:30, every Monday

Zoom link

Meeting ID: 8528335 4467

Passcode: 358099



CRAFTY CORNER

We had another successful dabble day, this time crocheting corner to corner squares. We all learned something new.

Our next dabble day will be covering a book cover (hard or soft back), with decorative collage, selecting from a variety of paper for base covers, and using coloured papers or pictures (you may like to bring some of your own), and PVA glue to make a design. It may be messy, but will be creative, and could make unusual gifts.



The date for your diary is Friday 16th October, at the Middlesex Federation Office, from 10 – 3 pm. The cost is £5.00. You need to bring your lunch, but tea, coffee and biscuits will be provided.

Dabble Day

1921-2021

BOOK Workshop COVERING

Friday 16th October
10 AM – 3 PM
MFWI County Office

£5

Book covering with decorative collage
Using coloured papers & pictures
Bring a lunch. Teas, coffee and
biscuits provided

Sign up Now: craft@mfwi.org.uk

FUTURE DABBLE DAY DATES FOR YOUR DIARY

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