



SFWI News Bulletin

Issue 55 Dec / Jan

Don't forget to visit the SFWI Facebook page for the latest news: Staffordshire <https://www.facebook.com/staffordshirefederationofwomensinstitutes> or our website: <https://sfwi.org>

Tel: 01785 223838 Emails: admin@sfwi.org or accounts@sfwi.org Opening hours: Monday-Thursday 9am-3pm



Hello everyone

This bulletin is a double issue, and we will be next connecting with you in February 2025!

Again, I have been privileged to enjoy another WI birthday. Stowe by Chartley are 70! Many congratulations again to them.



I hope that WIs had the chance to respond to the suggested changes to the constitution that guides us all at NFWI, Federations and WIs. This was a historic moment as a more flexible and modern version is intended to help us all attract new members and to keep our fantastic organization alive and kicking way into the future.

Have you seen the draft Strategy Document from NFWI? This is another chance to be involved in shaping the future of the WI. Responses must be with NFWI by end of February 2025. Thank you to those of you who have shown keen interest in this already. Here is the link : <https://mywi.thewi.org.uk/essential-information/add-your-voice/Strategy-Consultation-2025-30.docx>

2025 marks 110 years of The WI, we are all encouraged to think of ways to celebrate this birthday. Let us know ideas and we can celebrate together.

It was fabulous to see so many of you at the *It's Christmas!* event. It was astonishing how most of you turned out despite the terrible weather. It was the most entertaining and fun day. My top enjoyment was seeing you all have a wonderful time! Thank you from all of us to our Events Committee who masterminded the whole day.

The next time we see you will be at the SFWI Annual Meeting on January 28th, 2025, at 7pm on ZOOM. We would like to see each WI represented at this important meeting, thank you. This year all Delegates will be entered into a prize draw at the meeting, details are with your committees.

Thank you for your understanding as we have experienced staff shortages, we will be back in force next year!

The Board of Trustees and Staff wish you all the very best this festive season and a very Happy New Year for 2025.



Best Wishes to you all, *Helen*

Upcoming Events

Christmas Tree Festival	4-10th December	St Mary's Church, Stafford
Carol Service	17th December 2pm	St Mary's Church, Stafford
SFWI AGM	28th January 2025	Online
Granny Squares Crochet	15th February	Cornerstone, Stafford
Dressmaking Workshop	22nd & 29th March	Philanthropy House, Stafford
Veolia Recycling	25th March or 1st April	Veolia, Calf Heath
Here Comes Spring	8th April	County Showground
County Show	28-29th May	County Showground
Federation Quiz	19th June	County Showground

Details are with your secretary and also posted on our website and Social Media

Committee News and Activities

It's Christmas November 19th

Even snow did not deter most Staffordshire members with tickets from coming to the Showground to join in our special day. The room was full and there was a buzz of conversation. It was wonderful to welcome NFWI Chair Jeryl Stone to share our day.

As anticipated all three speakers were great in their different ways but the all had a passion for practical skills and showed the love for what they do.

Debbie Hill from Perry's 'Field to Fork' Cookery School opened the day with a demonstration of sausage making, ably assisted by her husband Stephen with a team of WI ladies. Debbie is, herself, a member of Broughton WI. Pigs in blankets were also created, soon to be made by the thousand and by hand by the Perry's team. Finally, a different take on the traditional samosa, rounded off a very lively and humorous hour. A Perry's voucher was a prize in the raffle.



Next on stage we welcomed Pam Moseley of Quirky Flowers, who grows her own flowers and plants and forages for foliage. With a cheerful smile, Pam showed how to make a beautiful wreath out of home-grown willow and moss. Effortlessly, she then created a Father Christmas out of conifer and pampas grass, first seen on an Instagram clip. Lastly with fresh flowers, harvested from her poly tunnel, and with fresh and dried foliage, Pam created a beautiful hand tied bouquet. The wreath, the decoration and bouquet were all raffle prizes.

Lunch and shopping at the very popular stalls, as well as viewing the competition entries, followed and then Will Kirk joined Helen Newman, our past Federation Chairman, on the stage for a question-and-answer session. Will was a charming young man, very pleasant and affable. He gave us an insight into his life on the Repair Shop team and Helen drew him out with cleverly thought-out questions. He came to his career of restoring antiques because his mother saw a restoring furniture course advertised. Will found he had the talents, care and patience needed to do this and later restored Wellington's desk as one of his commissions. Will was a good sport and drew the raffle to round off his informal but extremely interesting chat.



Victoria Simpson, from Country Markets, presented NFWI Chair, Jeryl, with a beautiful homemade Christmas cake. Helen Mancey, Federation Chair, congratulated Victoria for being a very hardworking and conscientious Country Markets Chair and presented her with flowers.

Unfortunately, Country markets will cease trading at Christmas. Members gave Victoria a resounding round of applause as a thank you for the marvellous cakes, bread and biscuits we have all enjoyed over the years.

Thank you for supporting our event. It was great to see so many of you and to hear Jerusalem sung by so many. Thanks go to all the Events Team and the trustees for bringing the whole day together and making it fun.

See you on April 8th when Lesley Smith, in character as Katherine Swynford and Kate Bottley, TV personality and Goggle box star will be our speakers, along with Julia Mitchell our High Sherriff.

Happy Christmas from the Events
Team, Verity Conner Chair of Events

SUPPORTERS CLUB

Congratulations to the November Winners!

1 st Prize	£ 25.00	No 120 S Dixon, Maer WI
2 nd Prize	£ 10.00	No 42 M Broom, Great Haywood WI
3 rd Prize	£ 5.00	No 133 M Hollins, Westlands WI



Resolutions Report.

Thank you to all that attended our resolutions meetings in November. Every member now has the opportunity to cast their individual selection on the resolution they support the most. We encourage you all to hold meetings to provide members with the opportunity to discuss and learn more about each resolution.

The shortlisted resolutions are:

1. **Let's talk about incontinence**
2. **Bystanders can be lifesavers**
3. **Join the repair revolution**
4. **Eliminate landfill of medication packaging**

The deadline for members' selections to reach their federations is **9 February 2025**.

Should you need any help or advice with your resolutions discussions please feel free to contact Cornerstone and we will be happy to help.

Under the Dental Health Matters campaign, we are holding the government to account, pushing the reform of dental contracts, and engaging with them on their plans to retain NHS dentists.

Our members are writing to their MPs and local Health Providers and sending them home-sewn tooth fairies, contributing to our research on the dental health crisis, and sharing their personal stories of experiencing hardship regarding their dental health.

Why does Dental Health Affect Women? - Biologically, women have unique oral health challenges, leading to women having poorer oral health in comparison to men over their lifetime. Women's saliva tends to be more acidic than men's, increasing the rate of dental decay. Changing hormone levels during the menstrual cycle, pregnancy, and menopause can also raise the risk of problems in women's mouths, teeth, or gums.

In a patriarchal system women are disproportionately responsible for the care load of their household, including being responsible for the cooking, cleaning, and childcare. Women are therefore often responsible for the health of both younger and older family relatives, including their oral health. With NHS dental appointments becoming harder to obtain, women are bearing financial, temporal, physical, and mental health burdens for not only themselves but also their loved ones.

How can you support the campaign? Follow these three simple steps!

Make your voice heard by signing our petition: <https://38d.gs/DentalHealthMatters>

Share the petition with your friends, family, and WI members

Help us gather evidence that NHS Dentistry is in crisis by filling in our survey: <https://www.surveymonkey.com/r/DY8SWVR>

Together we can make a difference.

Sue Roden, SFWI Resolutions Officer

Do you know what happens to your recycling ?

Come along to Veolia's Recycling facility at Four Ashes to find out - and ask those questions you have never yet had a satisfactory answer to !

Visits have been arranged for Tuesday 25 March and Tuesday 1 April.

Places are limited and a waiting list will be created for additional dates to be arranged if required.

Further information available from your secretary, Facebook or website

theWI
INSPIRING WOMEN

Tamworth Show

On Saturday 19th October Helen Newman opened and presented the trophies at The Tamworth Show. The Tamworth Show is a small and beautifully formed traditional WI Show with WIs from both Warwickshire and Staffordshire Federations taking part. Entries are in all forms of craft and cookery, both individual and Cooperative. The entries are to a schedule and are judged by WI judges. I was impressed by the evident skills on display and the staging of exhibits. The show committee would welcome more

WIs to join in the fun and enter. Is your WI interested ? If you would like to know more or be involved please contact me, via the office, and I will pass your details on.

Helen Newman, Trustee



Craft, Art and Design



Seasonal Workshop - November 9th at Stafford Young Farmers Club.
A fabulous day was had by all who attended.



Rosemary Palmer Trophy Competition



CAD Committee Skills Port Folio

Thank you to everyone who came to visit us at the 'It's Christmas' Event on 19th November. We launched our Committee Skills Port Folio and chatted to many of you about our skills and crafts that were on display. The aim is for us to come to your WI meeting or Craft Group. This port folio is emailed out this month and will also be available on Facebook and eventually on the website too.

Upcoming events 2025

Feb 15th Granny Squares Crochet - Cornerstone
March 22nd & 29th Dressmaking Workshop, Stafford – 2 parts – you will need to attend both days

We look forward to crafting with you in 2025.

Janet Moorby, Chair, Crafts, Art and Design Committee

EVERY ACTION COUNTS: -

This time of year can be difficult for our garden birds with few insects around and limited access to worms when the ground freezes.

They need high-calorie food with suet or other fat rather than carbohydrates such as bread - Bread fills the bird up but does not provide enough nutrition and is not recommended for any bird (even ducks)

Here is a simple way of making a nutritious feeding station for your garden birds.

(Taken from the RSPB website)

1. Take a clean yogurt pot and make a hole in the base.
2. Thread string through the hole and knot it on the inside, leaving enough string to be able to hang the pot on your tree or bird table.
3. Mix lard (at room temperature), bird seeds and perhaps grated cheese, raisins and/or mealworms and push into the pot.
4. Pop the pot into the fridge for an hour or so to firm up and hang it where it can be accessed from a branch or perch making sure it is at least 10ft (3 metres) from a window to avoid birds hitting the glass. Also, site it so that cats cannot creep up unseen.

Not only will the birds be grateful, you will be richly rewarded by watching them.

