



SFWI News Bulletin

Issue 57 March 2025

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

Welcome to March!

The 8th March brings International Women's Day. Some of you will have plans to mark this day in The WI's 110th year. What have you got have planned? Share with us on social media, we would love to know.

Celebrations continue in SFWI; Blithfield WI have reached their 100th birthday and Rolleston on Dove are 90; it was a delight to celebrate with them all.

The online NFWI Annual Meeting is 4th June 2025. Thank you to our delegates who are going to represent our WIs at this all day event. We are excited to announce that we will be hosting an in person watch party event in Stafford at Philanthropy House, Beaconside Technology Park, and members can now apply for observer tickets to our Watch Party at a cost of £10 which includes lunch. We are hopeful that this can be an enjoyable day together rather than being at home alone with your screen! To book and arrange payment, please ring the office on 01785 223838 or email accounts@sfwi.org. We look forward to seeing you then. Tickets are on a first come first served basis so please apply early.

Alternatively you may watch this online at home and observer tickets can be purchased direct from NFWI.

Best wishes to you all,

Helen

Hi everyone

We are all approaching our Annual Meetings. If you are experiencing any difficulties recruiting to your committee and importantly your officer roles (President, Secretary and Treasurer), then please get in touch with us. We can help. Sharing the roles of officers helps tremendously, it is the modern way.

Your Annual Meeting may be after April 1st when your subscriptions are due, it will help you if you have plans in place before this date.

The changes due to our Constitution will help us to run our WIs with more flexibility and with less red tape. Make use of these changes to help you run your WIs in the way that you want to. Have a look at how you run your WI. This is a great opportunity to future proof our WIs.

If you are a non-committee member reading this and you think that you could be more involved in your WI, go for it, say yes! You will never regret it! It is yet another opportunity for you in the WI.

Best Wishes to you all.

Member Support Committee

**Check out our upcoming events [here](#)
[Event Application Form](#)**

Committee News and Activities

Education & Public Affairs SFWI Annual Quiz

It is time to start looking forward to the [Federation Quiz](#) on THURSDAY 19 JUNE at the County Showground. This year's theme for the picnic tables is *A Summer Meadow* with the colours being Floral, although dressing of the table is optional.

There is room for over 60 Teams of four and it is a lovely atmosphere. Questions are on a range of subjects and there will be something for everyone!

We start promptly at 7.15pm and finish at 9.30pm - before it gets dark. Get your [entry forms](#) in soon! We look forward to seeing you.

Countdown to 8th April!

If you have not sent off for your ticket for '[Here Comes Spring](#)', our April Event, please do so now. Tickets are really selling well, so do not miss out. The Events Team have worked so hard to bring three very inspirational women speakers together, to make April 8th an awesome day at the Staffordshire Showground.

We welcomed so many of you in November and we are looking forward to seeing you all again. The screens will be higher; to give everyone a better view.

Julia Mitchell is High Sheriff of Staffordshire and will be able to talk about her incredibly interesting role. Our great friend Lesley Smith will appear in costume and in the character of Kathrine Swynford, mistress and wife of John of Gaunt. No doubt we will be kept enthralled as we go back in time. Our keynote speaker Rev Canon Kate Bottley, from North Nottinghamshire is a modern woman, who we know from her TV appearances on Gogglebox, Songs of Praise & Sunday Morning Live, as well as her famous Flashmob video on You Tube. We are sure she will be inspirational and make us think.

There will be plenty of stalls to keep you busy, as you 'Shop'til you drop'. We are welcoming back our favourite stallholders, as well as introducing new friends, with very different items to sell. Hot drinks are for sale but bring your own packed lunch. Please don't forget your tickets. Doors open at 9.15am and I will see you there.

Verity Conner Chair, Events Committee

EVERY ACTION COUNTS: -

Earth Hour is happening on Saturday 22 March 8.30pm to 9.30pm. This is an annual event to encourage people to turn off their lights for 60 minutes to raise awareness of environmental issues.



It's the biggest global switch off of its kind and all around the world famous landmarks will have their lights switched off - please join in and take 60 minutes to reflect on what you can do to do something positive for the planet.

Pass it on.

Treasurers' Corner

Tidy up your accounts and ensure that any pro rata affiliation fees paid in January, February and March are paid over to SFWI before next year's fees are due on 1st April.

Crochet with Clare - **Beyond the Granny Square** - was held at Cornerstone on 15th February – these were Granny Squares with a difference. Lots of fabulous tuition along with ‘bodge it’ and ‘post’ coupled with the silence of concentration. Tea/coffee and biscuits were the answer to fuel the ‘little grey cells’.



Don't forget that on 22nd & 29th March we have our [Dressmaking Workshop](#) at Philanthropy House, Stafford. The workshop is split over two days and you will need to attend both days to complete the garment. You will learn how to read the pattern, size the pattern to fit, lay the pattern on the fabric and cut out ready to sew on day two.

And the Rose Deag Painting competition – ‘Britain in Autumn’ – a watercolour competition for novices. Closing date is 13th March and we look forward to seeing your creations.

On the 14th June at Checkley Community Centre we have another [Cream tea and Craft Speaker](#) organised along with stalls selling all manner of items to add to your craft stash. The enclosure is out now.

Enclosures for both events and the competition are with your secretaries, on the website and on Facebook.

Remember, if you are unable to attend an event in Stafford, we have our CAD Committee Skills Port Folio and our committee members are available to come to your WI or WI craft group meeting. The list is not exhaustive, and we will be pleased to accommodate you wherever possible. Please do contact us via the office.

Happy Crafting.....

Janet Moorby, Chair, Crafts, Art and Design

Association of Show and Competition Judges

As shared at National Council last year, we are really excited to see the development of a new Association of Show and Competition Judges that can provide specialist and dedicated support to those undertaking a judge role.

We are pleased to now share that the Association of Show and Competition Judges is up and running and organising judges training in all Areas of Excellence (Craft, Cookery, Floral Art, Interpretation & Staging, Preserves) in 2025. They will also be holding briefing sessions for potential new judges ([‘So you want to become a judge...?’](#)) on Zoom this year.

If you or your members would like more details about these sessions, then you can register for details about future training events, or find out more about the Association at the Association's website at www.showandcompetitionjudges.com or e-mail them at contact@showandcompetitionjudges.com.

SUPPORTERS CLUB

Congratulations to the February Winners!

1 st Prize	£ 25.00	No	74, A Hughes, Tutbury WI
2 nd Prize	£ 10.00	No	40, J Moorby, Tean WI
3 rd Prize	£ 5.00	No	58, S Wood, Westlands WI

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INSPIRING WOMEN

A huge thank you to all of our members that voted for this year's resolutions. The results from all over Staffordshire shown below have now been sent to NFWI to be added to the results from around the rest of the Country.

Title of resolution	Number of selections
Let's talk about incontinence	686
Bystanders can be lifesavers	678
Join the repair revolution	224
Eliminate landfill of medication packaging	478
TOTAL NUMBER OF SELECTIONS	2066

March is Ovarian Cancer Awareness Month and as part of our See The Signs campaign, we're raising awareness of the subtle signs and symptoms of ovarian cancer. According to Cancer Research UK, there are around 7,500 new ovarian cancer cases in the UK each year, and 4,200 deaths. It is one of the most common types of cancer in women, mainly affecting those who have been through menopause.

Although the risk of developing ovarian cancer increases with age, there are cases in younger women so it's important that all women know the symptoms to look out for. On average, 1,330 women under the age of 50 are diagnosed with ovarian cancer every year in the UK. The earlier ovarian cancer is diagnosed the easier it is to treat. However, because the early signs of ovarian cancer are similar to conditions such as irritable bowel syndrome (IBS), and pre-menstrual syndrome (PMS), it is often not diagnosed until it has spread and a cure is not possible. Overall awareness of the symptoms of ovarian cancer remains low, yet this is crucial to early diagnosis, alongside other factors such as healthcare professionals taking the necessary steps when women present with them.

SEE THE FOUR MAIN SYMPTOMS OF OVARIAN CANCER

The symptoms of ovarian cancer are not always easy to recognise because they can be similar to conditions such as irritable bowel syndrome (IBS), and pre-menstrual syndrome. If you are experiencing one or more of the symptoms of ovarian cancer and they are persistent and increasingly frequent, or a change that isn't normal for you, speak to your GP. For more information on the symptoms of ovarian cancer go to: ovarian.org.uk For support visit: www.ovacome.org.uk or phone 0800 008 7054 We're calling on members to raise awareness by sharing our social media graphics so that all women know the signs to look out for. The earlier ovarian cancer is diagnosed the better the outcome.

We would like to thank members who have shared their stories of being diagnosed with ovarian cancer and what the early symptoms were like for them.

Sue Roden, Resolutions Officer

