



The WI Hive

Merry Christmas



Chair's Chat

This month, I'd like to begin by congratulating Gill Jones (Kedington WI) on being our final Golden Ticket Winner of 2024! To take part in our monthly draw contact Rachel Sparks (finance@swfwi.org.uk).



Over the past twelve months, we've dined and nattered with Yvonne, played ten pin bowling and kurling with Sue, chatted and crafted with Margaret and Sally, enjoyed trips to Thursford, Porter's Lodge Gardens and Braintree Textile museum. We danced to Motown, enjoyed a Summer strawberry tea, assembled jigsaw puzzles, attended annual meetings at Thurston and the Royal Albert Hall and learnt about micro brewing, weather patterns and what happens in a path lab at the science day. We kept fit with regular walks and had the opportunity to discuss resolutions and take part in the Behind the Door tours with PA. What a year! I hope you have enjoyed some of these events, may be you tried something new or just enjoyed the company of friends.

Activities, not only those organised by the Federation but also by your own WI, give us

additional opportunities to connect and perhaps learn something new. This really is a valuable benefit of belonging to the WI. On that note, next year we are supporting the UK's biggest dance event, **Let's Dance** founded by Strictly star, Angela Rippon. Angela is on a mission to get the nation dancing, so why not join us for a one hour Abba themed dance workshop on **Sunday 2nd March** at **Horringer Community Centre**. Doors open at 10.45AM, tickets are £15 including refreshments. **Come along with your dancing shoes and have some fun.**

For me this is my favourite time of year, for a short while my family is my sole focus. We won't all enjoy the same Christmas, there isn't a one size to fit all, but however or where ever you spend the festive season I hope you find happiness and joy.

Wishing you and yours a Happy Christmas and a peaceful and healthy New Year.

Maggie Glavin | SWFWI Chair

CLOSED

The WI Office will be closed for Christmas from 2PM Thursday 19 December until 10AM Wednesday 8 January.

Suffolk West WI Office | Unit 11 | Park Farm Business Centre | Fornham St Genevieve | IP28 6TS

☎ 01284 336645 ✉ office@swfwi.org.uk

Tues-Wed 10AM-4PM & Thurs 10AM-4PM

Reg. Charity Number 1179294



Public Affairs Campaign Corner

Keeping you up to speed on how to keep campaigns alive!



Going Greener Guide

Our Climate Ambassador, Lesli Tunbridge, shares her top tips on nature friendly gardening.

Why use natural solutions to control pests in your garden?

Wildlife experts are alarmed to find Britain's earthworm population has declined by a third over the past 25 years, and a project monitoring flying insects in Britain found a 60% decline between 2004 and 2021.

An over-reliance on chemicals (insecticides and fungicides) in agriculture and households, combined with habitat loss and climate change, is also having an increasingly detrimental impact on our invertebrate, bird, amphibian and mammal populations.

We've included a tip or two below to help you become a nature friendly gardener. If you're already ticking all the boxes please pass this guide onto someone who could follow suit!



Weeds

Keep fit and deter growth by hand-weeding, hoeing, repeat cutting and mulching any bare areas of soil (e.g. with compost, wood chips) but help pollinators by leaving some dandelions and white dead nettles to flower.



Pests

Encourage ladybirds by creating a ladybug paradise www.growveg.co.uk/guides/make-your-garden-a-ladybug-paradise/

Remove slugs by hand or use chemical free deterrents around plants e.g. sand, fleece or loofah to help protect plants slugs love e.g. Hostas!

Use barriers between plants and the problem e.g. wire mesh/netting. Make sure it's secured to avoid entangling birds and hedgehogs.



Try companion planting to deter aphids e.g. marigolds with tomatoes, sage with carrots, garlic with roses. Nasturtiums keep caterpillars away from cabbages.

Check plants regularly and remove dead or diseased parts.

Avoid home brewed solutions e.g. vinegar scorches leaves, salt/washing up liquid contaminates your soil.

Garden Hygiene

Clean pots before reusing. Wash bird feeders regularly as viruses can spread. Clear away rubbish where pests can thrive e.g. old compost bags.



DIY Fertiliser

Banana skins can be dried in the oven, crushed to powder to use as a slow-release fertiliser, providing potassium, phosphorus and magnesium. Or make banana tea to water indoor and outdoor plants. Find out how [here](#).

Events

BOOK
VIA



www.ticketsource.co.uk/swfwi

01284 336645

We accept Credit/debit card or BACs

TICKET BOOKING TIPS

- Events advertised as per person are open to friends and family.
- Easily book and pay online with [TicketSource](#).
- Or call 01284 336645 to book and pay by phone.

Or to book via finance@swfwi.org.uk remember:

- include names & mobile numbers for everyone you are booking for.
- include dietary requirements (for everyone).
- Payment is due once your booking is confirmed, or tickets will be released.

Read our full Ticket T&Cs [here](#)

Federation Annual Meeting 2025

Thursday 10 April 2025

Thurston Community College IP31 3PB

Doors 9.15AM

Our headline speaker for 2025 is **BBC Gardeners' World presenter, Adam Frost**. We can now also reveal our morning speaker will be **Chantal Dawson**, the inspiring woman behind Bury St Edmunds business, **Grow My Wellbeing**. Grow My Wellbeing works with schools, community groups and employers supporting wellbeing through plants and plant based workshops.



ADAM FROST
BBC GARDENERS' WORLD

CHANTAL DAWSON
GROW MY WELLBEING

PLUS STALLS FROM



You can pre-order* a lunchbox by Elite Cakes & Buffets. Lunchboxes Includes a tuna mayo roll, Cheddar & red Leicester with celery & mayo roll, kettle crisps, scotch egg wedges, a stuffed chocolate chip cookie and a banana.

ORDER
NOW

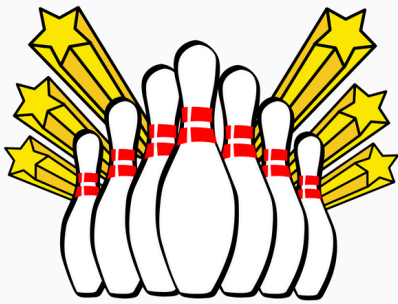
Tickets from £21 per member

*Lunchboxes an additional £11

ADDITIONAL INFORMATION

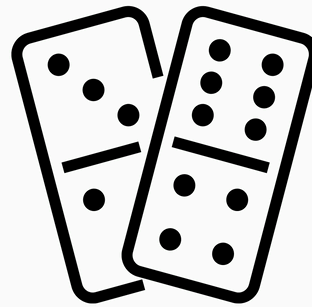
- Lunchboxes can be adapted for all dietary requirements. Alternatively you can dine out or bring your own.
- All tickets incl. a hot drink on arrival.
- If you are attending on a mobility scooter we advise you remain on it in case of an emergency. **Please specify when booking.**
- You must notify us if you require accessible seating when booking.
- More sale stalls to be confirmed next issue.

TEN PIN BOWLING



WEDNESDAY 15 JANUARY
10.30AM-12.30PM
BURY BOWL
WI MEMBERS £10.50

CHICKEN FOOT



THURSDAY 23 JANUARY
10AM-12PM
SUFFOLK WEST FEDERATION
WI MEMBERS £8

SOUP & NATTER



FRIDAY 7 FEBRUARY
12.30PM-2PM
SUFFOLK WEST FEDERATION
WI MEMBER £9 | NON WI £9.50

SOUPS: CHICKEN
MUSHROOM

LET'S DANCE!

IN PARTNERSHIP WITH THE BIGGEST
UK DANCE EVENT
FOUNDED BY ANGELA RIPPON

ONE HOUR ABBA THEMED WORKSHOP
WITH ALL STEPS FIRST DANCE
TO GET YOUR MIND AND BODY MOVING!

SUNDAY 2 MARCH
DOORS 10.45AM
HORRINGER COMMUNITY CENTRE
£15 PER PERSON
INCLUDES REFRESHMENTS

ST PATRICKS FEDERATION QUIZ & SUPPER



FRIDAY 14 MARCH 2025
DOORS 6.30PM
RISBY VILLAGE HALL
£15 PER PERSON
INCLUDES FISH & CHIP (OR ALTERNATIVES)

MIXED MEDIA WORKSHOP

DECORATE A WOODEN HANGING
PLAQUE USING A MIX OF ARTISTIC
MEDIUMS INCLUDING STENCILS,
GILDING WAXES AND STAMPS.



FRIDAY 28 MARCH
10.30AM-1.30PM
SUFFOLK WEST FEDERATION
WI MEMBERS £15

PLEASE BRING AN APRON TO PROTECT YOUR CLOTHING.



DON'T FORGET!

- We've increased the word limit to 75-80 for all your wonderful reports.
- Remember to attach your photos to your email and not in a word document.
- **Deadline for the next issue is 15 January.**

Obituary: Sue Weeks | Risby WI

Risby WI were extremely saddened to learn of the sudden death of Sue Weeks in November.



One of our long standing members, Sue joined Risby WI in 1991. She was always active and supportive of not only Risby's activities but SWFWI as well, having served on the Executive Committee from 2004. Sue also joined as many meetings, outings, trips, and holidays as possible - to Salzburg, Scotland & Southwold to name but a few.

When Risby WI won the Drama Cup (a skit based on a TV programme at the time called Vets' School), Sue was cast in the role of a stripper, aided and abetted by a boa constrictor called Noah the Boa.

Long Melford WI

We gathered at The Swan (which fortunately had room at the inn) for our xmas party. A joyous atmosphere and Secret Santa gifts handed out, the party was in full swing when our Secretary agreed to run a marathon next year with another member. Nothing to do with the alcohol of course! We are all looking forward to LMWI in 2025.



Bury WI

In December, we tried pig racing. The battery operated pigs were raced on a table top track. Honest Tone was our guest bookie, handing out betting tokens. At the end, the member with the most tokens won. After all that excitement, we enjoyed a bring and share supper.



Sturmer WI

In November we had a film night and chose The Quartet as a tribute to actress Maggie Smith who died earlier this year. The film was set in a care home for retired musicians and was beautifully scripted with just the right amount of humour and pathos. Billy Connolly played a rogue who had us laughing with his antics.



Glemsford WI

Our Christmas celebrations started with Barrie & Paul who entertained us with songs from the 60's. There was an amazing array of party fare, followed by a tombola. In lieu of sending each other Christmas cards, we signed a card and made donations to St Nicholas Hospice, raising a total of £75!



Moreton Hall WI

For December, our committee performed a hysterical shortened version of Cinderella!



We had a Christmas quiz with chocolate reindeer as prizes, but more difficult was the quiz to guess members from their childhood photos! The committee also organised a jacket potato for each of us, with various toppings! A wonderful Christmassy evening had by all!

Pakenham WI

Our December WI gathering was the Christmas dinner. Long tables with white linen cloths were



prettily decorated by Carole with ivy and flowers. Christmas crackers were also added. It looked so lovely.

Members and guests were welcomed, including Maggie Glavin (Adviser) and Rachel Hows (Federation Secretary).

A delicious two course meal was cooked by Andrea and served by her ladies. A selection of wine was available. The meal was followed by two games of fun bingo, a raffle and the annual raffle for four Christmas hampers, beautifully filled with goodies by Karen. A brilliant evening enjoyed by all.

Drinkstone WI

In December, everyone turned up in their Christmas frocks and jumpers to celebrate the end of the year. We started the evening crafting



Christmas decorations made from recycling old buttons and then went on to a Christmas quiz set by Sharon, followed by food from the bring a plate buffet and a few glasses of prosecco. We ended with pass the parcel and exchanging secret santa gifts.

During the evening we had a collection in lieu of sending Christmas cards and a generous £74.60 was collected and sent to St Nicholas Hospice.

SWFWI Calendar

Soup & Natter 10 Jan 12.30PM-2PM SWFWI	WI Member £9 Non WI £9.50
Ten Pin Bowling 15 Jan 10.30AM-12PM Bury Bowl	WI Member £10.50
Chicken Foot 23 Jan 10AM-12PM SWFWI	WI Member £8
Soup & Natter 7 Feb 12.30PM-2PM SWFWI	WI Member £9 Non WI £9.50
Let's Dance 2 Mar 11AM-12PM Horringer CC	£15 per person
St Patrick's Quiz 14 Mar 6.30PM Risby Village Hall	£15 per person
Mixed Media Workshop 28 Mar 10.30AM SWFWI	WI Member £15
Annual Meeting 10 Apr Thurston Community College	From £21