



SPEAKERS & DEMONSTRATORS LIST 2024/25

Our 2024/25 list is full of **NEW** speakers and demonstrators, as well as some old favourites.

As of this year, the list will be published on swfwi.org.uk/resources and we will be updating it on a rolling basis, so keep an eye on it as it will be continually changing.

Remember, this is not your only source. You can also research your own speakers/demonstrators or book any recommended by WIs in The Hive.

Speakers are categorised by:

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| Beauty & Wellbeing | Crafts | Food & Drink | History | Music & Arts |
| Plants & Gardening | Public Affairs & Charities | Science & Sport | Travel | Wildlife & Animals |

Please use the key included to indicate a speakers/demonstrator's availability: **M** (Mornings), **A** (Afternoons), **E** (Evenings), **SN** (Short notice) and **O** (online).

IMPORTANT NOTES

1. Always confirm bookings and fees in writing.
2. Make sure to include the following when confirming:
 - date, time and meeting venue (incl. postcode)
 - approx. size of the audience
 - subject of talk/demonstration
 - time it is expected to begin and end
 - check if the speaker/demonstrator has any requirements (i.e. tables etc.)
3. Remember to confirm arrangements 7-10 days before the meeting.
4. Fees should be paid by the Treasurer.

The list is only a guide, and speakers and demonstrators have the right to amend their fees after printing.

BEAUTY & WELLBEING

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| <p>Alexander Technique Andrea Walsh Willowbank Old School Road Whepstead IP29 4UA ☎ 07949 083629 @ andrea@alexandertechniqueworks.co.uk 🌐 www.alexandertechniqueworks.co.uk</p> | <p>Good Posture, Improved Balance & Ease of Movement: The Alexander Technique is a method for unlearning less than useful habits, which are putting strain and often pain on the body. It improves balance, walking, bending, sitting and standing. It is easy to learn and is very safe for most people. Andrea is fully qualified, fully insured and has been teaching for over 13 years.</p> | <p>Fee: £60-75 Travel: TBA Available: M, A, E & SN</p> |
| <p>Amanda Sutherland The Design Studio 15 Churchill Avenue Haverhill CB9 0AA ☎ 07939 845041 01440 702105 @ info@themakingboutique.com 🌐 www.amandasutherland.co.uk</p> | <p>From Costume Design to becoming a Bridal Accessories and Fascinator Designer: Amanda shares her background as a costume designer for stage and screen and how it led to setting up her own business.</p> <p>Trends of a Decade: A showcase of original garments from the 1920s-1950s; moving onto the designs of the 20th century.</p> <p>Make Do & Mend: Demonstrating ways to adapt everyday clothing from worn and badly fitting garments into exciting and unique fashion pieces.</p> <p>NEW! The Essential Guide to Colour, Shape and Fashion Choices: Highlighting the importance of identifying body shapes and choosing the right clothes to enhance your appearance.</p> <p><i>Talks last approx. 45-60 mins. Amanda's gift shop will be open at the end of the session.</i></p> | <p>Fee: £55 Travel: 45p per mile Available: M, A, E & SN</p> |

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| <p>NEW! Christine Webber Highland House 1b Victoria Hill Eye IP23 7HH ☎ 07711 419267 @ christinewebber@christinewebber.com 🌐 www.christinewebber.com</p> | <p><i>Christine Webber is a writer and broadcaster. Back in the 70s and 80s she was the leading news presenter for Anglia Television. Since then she has been an agony aunt, trained in psychotherapy and these days she is an expert on positive ageing and writes novels about characters who are all over 50!</i></p> <p>Positive Ageing: How to live as well as possible for as long as possible.</p> <p>Christine has a book that will be on sale after her talk.</p> | <p>Fee: £100+</p> <p>Travel: FOC</p> <p>Available: M, A, E & SN</p> |
| <p>NEW! Gentle Pilates Charlotte Bacon 17 Meadow Way Barrow IP29 5DG ☎ 07889 679945 @ gentlepilatesclasses@gmail.com</p> | <p>Gentle Pilates: A free class to demonstrate the ways Pilates can help women’s health and wellbeing.</p> | <p>Fee: FOC</p> <p>Travel: FOC</p> <p>Available: Mon E, Tues & Wed M & A.</p> |
| <p>NEW! Sarah Nicholson 45 Edwin Panks Road Hadleigh IP7 5JL ☎ 07968 052316 @ sarah.nicholson7@gmail.com 🌐 insearchoflostglitter.blogspot.com</p> | <p>In Search of Lost Glitter – how I wrote about grief and got my sparkle back: When Sarah’s husband died unexpectedly in 2010, she started writing a blog. So many people were touched and helped by her words she was encouraged to write a book. In search of lost glitter was published in 2024.</p> <p>Sarah will talk about her grief journey, putting the pieces back together, bringing up two sons, a subsequent cancer diagnosis and moving back to Suffolk where her story began.</p> | <p>Fee: £50</p> <p>Travel: FOC</p> <p>Available: M, A, E, SN & O</p> |

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| <p>NEW! Springwood Sun Club Janina & Nigel Newman 34 Winsford Road Bury St Edmunds IP32 7JJ ☎ 07931 198023 @ SpringwoodVisitor@hotmail.com 🌐 www.springwoodSunClub.co.uk</p> | <p>Naturism; Social Nudity in a Safe and Non-judgemental Environment: An informal conversation that challenges inaccurate stereotypes.</p> <p>Janina helps run a Naturist Club and Nigel is a member of Christian Naturist Fellowship.</p> | <p>Fee: FOC</p> <p>Travel: FOC</p> <p>Available: M, A, E & SN</p> |
| <h2>CRAFTS</h2> | | |
| <p>NEW! Churchouse Stained Glass Michelle Russell 3 Wetherden Road Elmswell IP30 9DD ☎ 07713 445129 @ johnr1949@gmail.com</p> | <p>A Journey with Glass: Includes the history of stained glass, and demonstrations of lead foiled and fused glass.</p> | <p>Fee: FOC</p> <p>Travel: FOC</p> <p>Available: M, A & E</p> <p>Requires: 2x 6ft table & 2x chairs</p> |
| <p>NEW! Crafty Foxes Michelle Freeman Unit 7 Brunel Business Court Eastern Way Bury St Edmunds IP32 7AJ ☎ 07881 586706 @ thecraftyfoxes@hotmail.co.uk 🌐 www.thecraftyfoxes.co.uk</p> | <p>Crafty Way to Do it Yourself: A brief introduction of how Michelle set up her business, followed by a demonstration on how to make something crafty (i.e. decoupage a coaster /oil transfer onto a tote bag /easter egg dip dyeing/origami animal bookmarks etc).</p> | <p>Fee: £60+</p> <p>Travel: 45p per mile</p> <p>Available: M, A, E, SN & O</p> |

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| <p>NEW! Helen Maxfield 7 North Acres Willisham IP8 4SS ☎ 07748613283 @ helenmaxfield@hotmail.co.uk 🌐 www.helenmaxfield.com</p> | <p>Lino Printing: A talk and demonstration about Helen’s work (lino prints inspired by the Suffolk countryside and coastline) and how she makes them. There is also an opportunity for a very brief go at cutting and printing at the end of the talk.</p> <p>Helen will bring along examples of her work and cards for sale.</p> <p><i>More formal workshops can be arranged for 8-12 people.</i></p> | <p>Fee: £80</p> <p>Travel: 45p per mile</p> <p>Available: M, A, E & SN</p> <p>Requires: Blank wall/screen</p> |
| <p>NEW! John & Stella Briggs 16 Belmont Place Colchester CO12HU ☎ 01206 791169 @ 797briggs@gmail.com</p> | <p>Spinners, Weavers and Dyers: Stella Briggs started to spin in 2015, and three months later had taught her husband, John. Since then they have taught 25 other people to spin and to weave. They were also a regular fixture in Bridge Cottage, for the National Trust at Flatford, for eight years.</p> | <p>Fee: FOC</p> <p>Travel: 45p per mile (25 miles+)</p> <p>Available: M, A & E</p> <p>Requires: Tables</p> |
| <p>FOOD & DRINK</p> | | |
| <p>NEW! Heart of Suffolk Distillery Finbows Yard Station Road Bacton IP14 4NH ☎ 077409 597331 @ sales@heartofsuffolkdistillery.co.uk 🌐 www.heartofsuffolkdistillery.co.uk</p> | <p>Heart of Suffolk Distillery offer a gin talk and tasting, outlining their history and the gins they produce.</p> | <p>Fee: £75+</p> <p>Travel: FOC</p> <p>Available: M, A, E, SN & O</p> <p>Requires: Table</p> |

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| <p>Yum Yum Tree Fudge 19B Woolpit Business Park Windmill Avenue Woolpit IP30 9UP ☎ 07802 807416 @ adrian@yumyumtreefudge.com 🌐 www.yumyumtreefudge.com</p> | <p>Yum Yum Tree Fudge Factory Tour: See how their fudge is made and how the team operate an eco-business. The tour is free of charge and includes a hot fudge drink on arrival, as well as free tasters and the chance to stock up on fudge at the end.</p> | <p>Fee: FOC Tour times: Tuesday M @11am</p> |
| <h2 style="text-align: left; margin: 0;">HISTORY</h2> | | |
| <p>Adrian Tindall 40 Queens Road Bury St Edmunds IP33 3EP ☎ 07715 050318 @ adriantindall5@gmail.com 🌐 www.linkedin.com/in/adriantindall/</p> | <p>NEW! A Neat and Beautiful Theatre – the story of Bury St Edmunds Market Cross: From medieval preaching cross to Georgian playhouse, from Victorian Concert Room to Town Hall and Art Gallery. This illustrated talk will tell the hidden stories behind this remarkable building.</p> <p>NEW! People of the best fashion – the story of Bury St Edmunds Athenaeum: from Georgian Assembly Rooms to World War II canteen, from Charles Dickens to Bob Marley, Bury’s Athenaeum has been a place of leisure and pleasure for three centuries. This illustrated talk tells the story of the building and the personalities who enjoyed and enlivened it.</p> <p>A Handsome Little Town: A virtual tour of 1,000 years of Bury’s history, from monks and martyrs to Saxon kings and Tudor queens, from talking wolves and Magna Carta to Georgian Chic and Mr Pickwick.</p> | <p>Fee: £70 Travel: 25p/mile from Bury St Edmunds Available: M, A, E, SN & O Requires: table</p> |

The Montpellier of Suffolk - Bury St Edmunds' French

Connections: A tour through the ages, tracing Bury St Edmunds' sometimes surprising French Connections.

An Extraordinary Man – the life and death of Walter Guinness, Lord Moyne of Bury St Edmunds:

Heir to a brewing fortune, Bury St Edmunds MP, secret agent, explorer, anthropologist, friend of kings and statesmen, and a man whose tragic death shocked the world.

Mr Soane Came to Breakfast:

How did ‘Mr Bury St Edmunds’ James Oakes persuade renowned architect Sir John Soane to design an extension to his home in Guildhall Street, Bury St Edmunds in 1788? This illustrated talk will describe this unlikely collaboration and show the evidence of it that can be seen today.

1,000 Years of the Abbey of St Edmund: From its foundation by King Cnut to its dissolution by Henry VIII, the Benedictine Abbey of St Edmund was for five centuries one of the richest monasteries in England. This illustrated talk will describe how and why the abbey was founded, how it grew to be so powerful, and why it now stands in ruins.

Bury St Edmunds in the Great War: Bury St Edmunds faced unprecedented dangers in the Great War. This illustrated talk will look at the impact of the war on Bury, from the heroics of the Western Front and hardships of the home front to the nightmare of the Zeppelin raids.

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| <p>Catherine Buchanan 11 St Edmunds Apartments Bury St Edmunds IP33 1EF ☎ 07974 927019 @ callsaints@btinternet.com</p> | <p>All I want for Christmas: History of toys.</p> <p>20th Century Woman of Bury St Edmunds: Women who made their mark.</p> <p>From Guilds to Governance: How Bury St Edmunds became a town.</p> <p>The History of Food & the Great English Tea Ceremony: How food was cooked, table manners and a demonstration of the English tea ceremony.</p> <p>How Trains came to Bury and Changed the Town: The development of the railways in Bury St Edmunds.</p> <p>NEW! Ouida - The best-selling Victorian novelist: Born in Bury St Edmunds and hated the town, her books were the 'Bodice Rippers' of her day.</p> | <p>Fee: Donation</p> <p>Travel: FOC</p> <p>Available: M, A, E, SN & O</p> <p>Requires: Screen & table</p> |
| <p>NEW! Clare Tour Guides Geoffrey Bray 22 Nethergate Street Clare CO10 8NP ☎ 07483 280388 @ geoffreysbray@gmail.com</p> | <p>Clare Castle Country Park: Clare Castle Country Park was created around the ruins of Clare Castle and incorporates the now defunct Clare railway station on the Colchester to Cambridge branch of the Great Eastern Railway.</p> <p>The History of Clare: An illustrated talk.</p> | <p>Fee: £25 donation to Clare Castle Country Park</p> <p>Travel: 25p per mile (20 miles+)</p> <p>Available: M, A, E & SN</p> <p>Requires: Projector & screen</p> |

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| <p>NEW! Edward Gildea Flat 3 Eastacre Chaters Hill Saffron Walden CB10 2AB ☎ 07930 910037 @ edward@edwardgildea.co.uk</p> | <p>Why the music to Jerusalem is wrong: Jerusalem is probably our most patriotic anthem, but did Blake intend it to be? This talk will take you from disease ridden 18th century London to the outer reaches of the Universe, exploring revolution, the Suffragette movement and how Jerusalem became adopted by the WI on the way.</p> <p>How do you look at paintings? Sometimes it takes time for paintings to reveal themselves. With a degree in the History of Art from the University of Cambridge, Edward conveys his passion for great art and the way that artists use paint.</p> | <p>Fee: £60 donation to Developing World Charities</p> <p>Travel: £10 (20 miles+)</p> <p>Availability: M, A & E</p> <p>Requires: Projector & screen/blank wall</p> |
| <p>Graham Higgins Church Cottages Barrow Road Denham IP29 5EJ ☎ 01284 811499 @ grahamhiggins9@btinternet.com</p> | <p>Tales from the Bench: A history of crime and punishment in Bury St Edmunds from the Saxons to today.</p> <p>Haunted Denham: Do you believe in things that go bump in the night? Graham shares his ghost stories.</p> <p>The Real Robin Hood: Or should that be the Real Robin Hoods... Fiction on fiction and a few facts and how a real man was outlawed and lost his story to a myth.</p> <p>The Hare and the Turnip (or 2085 years of history in one small part of West Suffolk): The story of Denham St Mary.</p> | <p>Fee: Donation to Our Special Friends</p> <p>Travel: FOC</p> <p>Available: M, A, E, SN & O</p> |
| <p>John Saunders 3 Hutton Close Bury St Edmunds IP33 3GY ☎ 07794 409793 @ jes767894@btinternet.com</p> | <p><i>John served as a police officer for 32 years. He is an accredited Bury St Edmunds tour guide with a passion for local history.</i></p> <p>John offers twelve talks on a wide range of subjects including the personalities, buildings and the history of Bury St Edmunds; historic accounts of local policing and crime;</p> | <p>Fee: £50</p> <p>Travel: TBA</p> <p>Available: M, A & E</p> |

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| | <p>people of the past who made a difference; local Catholicism. The full list of subjects, including new topics, is available on request.</p> <p><i>Guided tours of Bury St Edmunds are also available.</i></p> | |
| <p>NEW! Dr Melvyn Willin Blairmore Lodge Wacton Rd Forncett St Peter NR16 1JD ☎ 07860 827114 @ melvyn.willin@gmail.com 🌐 www.melvynwillin.co.uk</p> | <p>Music & the Paranormal: A talk with audio examples of how music has been experienced in ‘paranormal’ settings.</p> <p>Ghosts Caught on Film: A talk with visual examples of how ‘ghostly’ anomalies have seemingly been photographed.</p> <p>The Work of the Society for Psychological Research: The work of the oldest society still investigating ‘paranormal’ phenomena from a scientific perspective.</p> <p>21st Century Witchcraft: A talk with artefacts about what really happens in covens and pagan gatherings.</p> <p>Morris Dancing: A talk with music & dance, and audience participation.</p> | <p>Fee: £95</p> <p>Travel: FOC</p> <p>Available: M, A & E</p> |
| <p>Peter Lawrence Brambles Tower Road Repps with Bastwick Norfolk NR29 5JW ☎ 07879 007983 @ peterlawrence2000@hotmail.co.uk</p> | <p><i>Peter is a retired member of Scotland Yard. He now gives lectures not only on history but also on various aspects of his former career.</i></p> <p>NEW! Whitehall: The Road to Power and Glory</p> <p>NEW! Belgravia and Kensington: The Establishment Moves West.</p> | <p>Fee: £50</p> <p>Travel: TBA</p> <p>Available: M, A, E, SN & O</p> |

NEW! The Villages of East London: A Grand Past.

NEW! Epping Forest: A Living Museum & Cockney Playground.

NEW! The Rise and Fall of Wanstead House: The "English Versailles".

NEW! London, City of Ships: A Maritime History

NEW! Appreciating Parish Records

NEW! Picture Postcards: An Entertaining Source of Local History.

NEW! Urgent Diplomatic Matters: Policing & Protecting London's Embassies.

NEW! The Primary Objects: A History of Policing London in the Early 19th Century.

NEW! Royal London: The Crown's Influence on London Through the Ages.

NEW! East Anglia's Medieval Churches: A Social & Architectural History.

NEW! Humphry Repton: 18thC Landscape Gardener and his work in East Anglia.

NEW! East Anglian Families of Influence: Their Homes & Holiday Locations.

NEW! Eyes Along the Norfolk Coast: Coastal Communities & National Coast watch.

NEW! Reading The Timbers: A Study of East Anglian Timber Framed Houses.

NEW! Norwich: England's Medieval Second City.

Beneath the City Streets: London's unseen history.

Art on London's Streets: Statues, Memorials & Graffiti

This Policeman's Lot: A Social View of Policing from the Krays to the Crown.

Gallows, Gangsters & Good Time Girls: The darker side of London's history.

Constable Country: The Charms of the Suffolk & Essex villages made famous by the painter, John Constable.




One Man's Denman: After 25 years of tutoring, Peter gives his view of Denman's early history and the photo archive of his course trips and the college gardens that we have all enjoyed and will remain in our memories.

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| <p>Roger Pugh 32 Pennycrest Drive Thetford IP24 2TU ☎ 01842 760035 @ roger1andclare1@tiscali.co.uk</p> | <p>Uncle Sam's Roots in Eastern England: No English region has made a greater contribution to Colonial America and the USA than Eastern England.</p> <p>The Most Secret Place on Earth: The story of the ultra-secret development of the military tank and the creation and training of the World's first tank force at Elveden in Suffolk in 1916. <i>Fee donated to Hope and Homes for Children.</i></p> <p>The Tudors in the East: The source of so many dramas which battered or buttressed the Tudor monarchs in their London bastion and the wider realm was here in the East of England.</p> | <p>Fee: £50 donation to charity</p> <p>Travel: £5</p> <p>Available: M, A, E & SN</p> <p>Requires: Screen/ blank wall</p> |
| <p>Sturmer History Group Linda Bevan Rivendell The Street Sturmer CB9 7XF ☎ 01440 712038 @ lindabevan@hotmail.com</p> | <p>Led by Suffolk West WI members Jo Porth and Linda Bevan, enjoy a guided walk of Sturmer's heritage trail followed by tea/coffee and cake whilst browsing Sturmer's archives.</p> <p><i>Two or four mile walks available.</i></p> | <p>Fee: Donation to charity</p> <p>Available: M, A, E & SN</p> |
| <p>MUSIC & ARTS</p> | | |
| <p>Barrie, Pete & Nicky ☎ 07396 615873 @ hullwise@uwclub.net</p> | <p><i>Barrie and Pete have been performing in various local bands since the 1960s, whilst Nicky has been singing for over fifteen years.</i></p> <p>Songs from the 60s: The musical trio perform a wide selection of songs from the 60s.</p> <p><i>Performance lasts minimum of one hour.</i></p> | <p>Fee: £70 (incl. travel within 5 miles of BSE)</p> <p>Travel: Outside of 5 miles TBA</p> <p>Available: M, A & E</p> |

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| <p>Charles Garland 40 Oakey Field Road Thurston IP31 3RX ☎ 07785 752080 @ Charles.garland@talk21.com</p> | <p>Dad's Army - The nation's favourite comedy: Charles was assistant to David Croft at the BBC and talks about the writers and cast of Dad's Army from personal experience.</p> <p>From Vicar's Son to BBC Producer: A humorous journey from the C of E to the BBC via a BAOR band and an SW1 restaurant, and how Charles travelled that road.</p> <p>TV Comedy - from Script to Screen: What is a key grip? Who is a Foley Artis'? And why is one crew member called Best Boy? Charles explains all, in an entertaining glimpse behind the scenes.</p> | <p>Fee: £80 (will negotiate for smaller groups)</p> <p>Travel: 45p per mile</p> <p>Available: M, A, E, SN & O</p> |
| <p>Circle Dancing Jen Lerner 36 Bell Meadow Bury St Edmunds IP32 6AU ☎ 07896 495574 @ jenlerner@gmail.com 🌐 www.jenlerner.com</p> | <p>Participatory session of folk dances from around the world, plus background information. Can be standing or seated, or a mixture, to fit the mobility needs of your group. No partner needed; all dances taught beforehand.</p> | <p>Fee: £80</p> <p>Travel: £5 (5 miles+)</p> <p>Available: M, A, E & SN</p> |
| <p>Hattie Bennett Marsh Cottage Felixstowe Ferry Suffolk IP11 9RZ ☎ 07778 153155 @ hattiebennett@hotmail.com</p> | <p>Me and My Cello: A life in music</p> <p>Travels with a Champagne Quartet: The life and times of a function quartet, with musical excerpts.</p> <p>Christmas memories: Songs and music over the years.</p> <p>Music and Musicians: Stories about musicians Hattie has worked with and memorable music.</p> | <p>Fee: £50</p> <p>Travel: TBA</p> <p>Available: M, A, E & SN</p> |

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| | <p>A Short History of Music: from the roots of music to the present day. Can include audience participation.</p> <p><i>Talk runs 45-60 minutes, but can be amended to required length.</i></p> | |
| <p>NEW! Jane Hoggar 6 Victoria Hill Eye IP23 7BX ☎ 07714006470 @ Janehoggar@btinternet.com</p> | <p>My Life as A Bluebell Girl: Throughout her life Jane has managed to carve a career in entertainment. Her proudest moment must be performing at the world-famous Lido de Paris on the Champs Élysées for Miss Bluebell.</p> <p>La Belle Epoque: A musical history of the Folies Bergère and the Moulin Rouge - the origin of cabaret in Paris.</p> <p><i>Talks are approx. one hour with extra time for a Q&A. Jane's memoir, Bluebell Girl, will be on sale afterwards.</i></p> | <p>Fee: £200 (portion donated to LILAC)</p> <p>Travel: FOC</p> <p>Available: M, A, E, SN & O</p> <p>Requires: chair & table</p> |
| <p>Ms Cherry Bombe Lindsey Barrell 41 Pyms Road Chelmsford Essex CM2 8PX ☎ 07901 650217 @ lindsey.barrell@aol.co.uk</p> | <p>NEW! Does My HRT Patch Look Big in This Corset? A fabulously funny follow up to <i>Burlesque, Me and the WI</i> - this is the story of a middle-aged woman navigating the trials and tribulations of the menopause whilst being a busy burlesque performer. Just where <i>does</i> one stick the HRT patch when wearing a corset? Lindsey will share with you many tales and costumes that have been collected since she combined her love of burlesque with her WI membership over 10 years ago.</p> <p>Burlesque, Me and the WI: A heart-warming and funny talk that has had rave reviews from WIs across the country. From empty nest to huge success, and via dance classes and craft sessions, Lindsey will take you on a journey that a lot of us can relate to.</p> | <p>Fee: £70</p> <p>Travel: TBC</p> <p>Available: M, A, E, SN & O</p> <p>Requires: Changing room</p> |

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| | <p>This is a humorous talk that illustrates how even the most diverse of topics can epitomise the Fun, Friendship and Education ethos of the WI. This talk can also incorporate costumes and a demonstration shimmy-along too.</p> | |
| <p>NEW! Sean Saye 7 The Woodyard Vyces Road Framlingham IP13 9FZ ☎ 07734 399497 @ seansaye@yahoo.co.uk</p> | <p>Acting Tales: Sean shares stories from his TV, film and theatre acting career. Sean is also a professional musician and includes guitar instrumental pieces in between stories.</p> <p>Simon and Garfunkel Songs and Stories: Sean shares his love of Simon and Garfunkel classic songs with stories about their career and singing some well-known hits.</p> <p>Upbeat Songs from the 50s, 60s and 70s: Sean plays an upbeat set of classic favourites.</p> | <p>Fee: £80</p> <p>Travel: 40p per mile</p> <p>Available: M, A, E, SN & O</p> |
| <p>Shantfolk Ian Clark Skimbles The Street Assington CO10 5LN ☎ 07811 716565 @ igclark72@yahoo.co.uk</p> | <p>The origins and meanings of shanties and other sea songs: Shanty Folk is a five-piece <i>acapella</i> shanty crew who have been singing together since 2014. Having performed at several shanty festivals in the UK, they have a wide repertoire of shanties and songs of the sea.</p> | <p>Fee: £75 donation</p> <p>Travel: 45p per mile (max. 2 vehicles)</p> <p>Available: M, A, E & SN</p> |
| <p>Stephen Amer Apple Tree Cottage Beccles Road Toft Monks NR34 0EA ☎ 07909 510976 @ doo-wop@live.co.uk</p> | <p><i>Stephen is a full-time musician and singer.</i></p> <p>WI Singalong Session: Stephen leads some gentle breathing and relaxation exercises before leading an interactive singalong workshop with well-known and fun songs.</p> | <p>Fee: £70</p> <p>Travel: 35p per mile</p> <p>Available: M, A, E, SN & O</p> |

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| <p> www.stephenamermusic.co.uk</p> | <p>Singing for Wellbeing: Stephen's organisation <i>The Voice Cloud</i> promotes music for wellbeing and health. During this interactive talk and singalong session, he demonstrates how music can benefit physical, emotional and mental health.</p> <p>Sea Shanties and Maritime Music: Stephen is a member of the Rogue Shanty Buoys (a professional folk group) and in this session, he will teach the role that sea shanties had onboard ships, demonstrating the broad range of songs which were sung by East Anglian fishermen and seafarers.</p> | <p>Requires: Table</p> |
| <p>Stuff & Folly Phil Butcher 6 Church Farm Barns Church Hill Banham NR16 2SX @ stuffandfolly@gmail.com  www.facebook.com/stuffandfolly</p> | <p>Stuff and Folly: A group of local writers, with over 25-years' experience, specialising in performing short plays and sketches, mostly comedy, with script in hand, interspersed with anecdotes. Stuff & Folly have also written award-winning plays for the stage and aim to always present high-quality entertainment.</p> | <p>Fee: £50</p> <p>Travel: FOC</p> <p>Available: M, A & E</p> |
| <h2 style="text-align: center;">PLANTS & GARDENING</h2> | | |
| <p>NEW! Grow My Wellbeing Chantal Dawson Woodhouse The Street Lawshall IP29 4QD ☎ 07716 204203 @ hello@growmywellbeing.co.uk  www.growmywellbeing.co.uk</p> | <p>Talks can include many different elements including: The mental health benefits of nature and indoor plants.</p> <p>Practical planting: tips including how to repot, propagate, clean your plants, what sun it needs, when to water etc.</p> <p>Terrarium workshops are also available but are priced specifically. Please contact Chantal for more information.</p> | <p>Fee: £45</p> <p>Travel: TBA</p> <p>Available: M, A & E</p> |

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| <p>NEW! Peter Beale Roses Simon White 6 Sorrel Drive Attleborough NR17 1QR ☎ 07475 572409 @ simon.nataris@gmail.com</p> | <p>Simon is the Garden Centre Sales Manager for Peter Beales Roses and is also President of Norfolk and Norwich Horticultural Society.</p> <p>He offers sixteen different talks. List is available on request.</p> | <p>Fee: £60</p> <p>Travel: TBA</p> <p>Available: M, A, E, SN & O</p> |
| <p>PUBLIC AFFAIRS & CHARITIES</p> | | |
| <p>British Sign Language Lindsey Barrell 41 Pyms Road Chelmsford CM2 8PX ☎ 07901 650217 @ lindsey.barrell@aol.co.uk</p> | <p>An Introduction to British Sign Language: This session will take you through the BSL alphabet, as well as ‘etiquette’, factoids and greetings signs. This is a fascinating and interactive session that everyone can enjoy.</p> | <p>Fee: £70</p> <p>Travel: TBC</p> <p>Available: M, A, E SN & O</p> |
| <p>NEW! Bury Drop In Sabine Dornbusch Hoste House Office B Whiting Street Bury St Edmunds IP33 1NR ☎ 07483 314 445 @ sabine.dornbusch@burydropin.org 🌐 www.burydropin.org</p> | <p>Bury Drop In: Raising awareness for homelessness, highlighting the reasons and exploring solutions. Introducing the amazing work of our volunteers and the community support.</p> | <p>Fee: Donation</p> <p>Travel: FOC</p> <p>Available: M, A, E SN & O</p> |
| <p>NEW! Cancer Support Suffolk Kimya Piper 58 St Margarets Street Ipswich IP4 2BD</p> | <p>Cancer Awareness: Presentation & Q&A.</p> | <p>Fee: FOC</p> <p>Travel: FOC</p> <p>Available: A & E</p> |

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| <p>☎ 07743 936253</p> <p>@ educator@cancersupportsuffolk.co.uk</p> <p>🌐 www.cancersupportsuffolk.co.uk</p> | | |
| <p>Doxa Project Ray Balmer Little Thatch Oak Lane Rougham IP30 9JX ☎ 07946 462779 @ raybalmer1@gmail.com</p> | <p>The Doxa Project Kenya: Set up 12 years ago to help educate the poorest children in the urban slums of Kenya, this is an inspirational story of how a 22-year-old man’s vision, impacted on the lives of many children & families.</p> | <p>Fee: Donation</p> <p>Travel: FOC</p> <p>Available: M, A, E & SN</p> |
| <p>Ecofrenzy Antony Whittingham Glengyle (Larkwood Lakes) Icklingham Road West Stow IP28 6EY ☎ 07468 589316 @ tony@ecofrenzy.com 🌐 www.ecofrenzy.com</p> | <p>Climate change and simple ways to reduce our Carbon footprint</p> <p>Larkwood Lakes: How to run a nature reserve.</p> | <p>Fee: £65</p> <p>Travel: £15</p> <p>Available: M, A, E & SN</p> |
| <p>Edward Gildea Flat 3 Eastacre Chaters Hill Saffron Walden CB10 2AB ☎ 07930 910037 @ edward@edwardgildea.co.uk</p> | <p>Adventure, Activism and the Climate Crisis: With first-hand experience of global warming on oceans and mountains, this session explores the realities of the crisis.</p> <p>My Circumnavigation and how it turned me Green: Talk illustrated with slides and poetry about Edward’s experience of sailing around the world and how this turned him into a green activist.</p> | <p>Fee: £60 donation to Developing World Charity</p> <p>Travel: £10 (20 miles+)</p> <p>Available: M, A & E</p> <p>Requires: Projector and screen/blank wall</p> |

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| <p>NEW! Ellie Stewart 16 Greene Road Bury St Edmunds ☎ 07828 188472 @ ellie.stewart@wsh.nhs.uk</p> | <p>Female Urinary Incontinence and Pelvic Organ Prolapse</p> | <p>Fee: FOC Travel: FOC Available: M,A, E & O Requires: projector & screen/blank wall</p> |
| <p>NEW! Homes for Ukraine Andy Pearl Suffolk County Council Endeavour House Ipswich IP1 2BX ☎ 07875 507974 @ Andy.Pearl@suffolk.gov.uk</p> | <p>How Suffolk answered the call of the Ukrainian people and offered their homes or how to become a host.</p> | <p>Fee: FOC Travel: FOC Available: M, A, E & O Requires: Projector and screen/blank wall</p> |
| <p>Jeannie Bloomfield Church View Cottage The Causeway Walsham le Willows IP31 3AB ☎ 07368 499213 @ bloomfield644@btinternet.com</p> | <p>Jeannie is a patron for Bury St Edmunds Women’s Aid Centre. She was a victim of domestic violence, and now raises awareness and campaigns for more funding and help. She is also a partner in Women Engage and End Domestic Violence.</p> <p><i>Jeannie’s book ‘There’s Always Hope’ will be available to purchase.</i></p> | <p>Fee: Donation to BSE Women’s Aid Travel: FOC Available: A, E & SN</p> |
| <p>NEW! Michelle Attrill 32 Windgap Lane Haughley IP14 3PA ☎ 07770 974971 @ attrillproductions@talktalk.net</p> | <p>Introduction to Deaf Awareness and British Sign Language</p> <p>Professional Civil Celebrancy: Celebrating Life’s Rites of Passage with Lavender Celebrancy Services.</p> | <p>Fee: £70 Travel: 45p per mile Available: E, SN & Z</p> |

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| <p>My WiSH Charity West Suffolk Hospital Hardwick Lane Bury St Edmunds IP33 2QZ ☎ 01284 713466 @ fundraising@wsh.nhs.uk 🌐 www.mywishcharity.co.uk</p> | <p>The My WiSH team will tell you how the charity supported patients and staff during some of the toughest times the NHS has seen, plus the work they do in over 100 areas of the trust. Talks can be tailored to specific interests, i.e. Cancer, paediatrics etc. Quiz included!</p> | <p>Fee: FOC Travel: FOC Available: M, A, E SN & O</p> |
| <p>Petra Wenham 8 Sawyers Elmsett Ipswich IP7 6QH ☎ 07779 112245 @ petra@thewenham.org</p> | <p><i>As featured on the cover of WI Life, Petra is a trans activist and proud member of Cake & Revolution WI, Suffolk East.</i></p> <p>Have you never met a trans woman? Petra talks about her own ‘journey’ becoming a trans woman, as well as the biology (chromosomes, genes, intersex conditions etc.), legal issues and the media. Her aim is to give an understanding of the transgender condition and in the process hopefully correct any misrepresentation. <i>Talk lasts 50 mins + Q&A time.</i></p> | <p>Fee: Donation to Mermaids Travel: 18p per mile (15+ miles) Available: M, A, E & O Requires: projector and screen/blank wall</p> |
| <p>SARS Charity Administrator Unit 1b Woolpit Business Park IP30 9UP ☎ 01359 244186 @ admin@sars999.org.uk 🌐 www.facebook.com/sarshq</p> | <p>The Work of SARS: Suffolk's emergency medical charity; includes overview of what happens when you ring 999 and what role specialist volunteers play in the local emergency network.</p> | <p>Fee: £30 donation Travel: FOC Available: M, A, E & SN</p> |
| <p>NEW! Suffolk West Public Affairs Team Gwen Williams 55 Mayfield Road</p> | <p>Confused between a WI resolution, campaign and mandate? Find out more about why the WI stands up for</p> | <p>Fee: FOC Travel: 4p per mile (over</p> |

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| <p>Bury St Edmunds IP33 2PD 📞 07768 175235 @ pa@swfwi.org.uk 🌐 www.swfwi.org.uk</p> | <p>causes close to members' hearts and about ongoing WI campaigns.</p> <p>The PA Team wants to hear from members as to how best to keep you informed about campaigning aims, so this is your chance to have your say!</p> | <p>20 miles from IP33 2PD)</p> <p>Available: M, A, E, SN & O</p> |
| <h2>SCIENCE & SPORT</h2> | | |
| <p>Brian Heard Farmgate Cottage Wicks Lane Earl Stonham IP14 5HL 📞 01449 711330 @ b.heard2@btinternet.com</p> | <p>New Scotland Yard: Brian spent 15 years at New Scotland Yard, initially as a general forensic scientist and then later specialising in forensic ballistics where he dealt with armed robberies, murders, suicides, open fire incidents, terrorist incidents etc.</p> <p>Forensic Firearms Laboratory: Following on from his time at New Scotland Yard, Brian spent 25 years in Hong Kong as the director of the forensic firearms laboratory. He also held the police rank of Chief Superintendent where he dealt with the Triads or the very vicious Mainland Daii Hunjai gangs.</p> <p><i>Brian's talks are not gruesome and are immersed in humour.</i></p> | <p>Fee: £50 (will negotiate for smaller groups)</p> <p>Travel: 50p per mile</p> <p>Available: M, A, E & SN</p> |
| <p>Lucy Lewis 4 The Maples Fulbourn Cambridge CB21 5DW 📞 07970 362269 @ lucylewis898@gmail.com</p> | <p>Lighting The Fuse: In 1989 Lucy was the first woman to operate as a bomb disposal officer. She served two years with the Royal Engineers and then 8 years with the Royal Military Police before leaving as a Major to start a family. In 2018 Lucy became the first female Marshal at the University of Cambridge where she leads one of the world's oldest Constabularies, assisting with ceremonies and protecting freedom of speech. Her bestselling memoirs 'Lighting the</p> | <p>Fee: £70</p> <p>Travel: FOC</p> <p>Available: M, A & E</p> |

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| | <p>Fuse' were published in July 2021 with extracts in the national press.</p> <p><i>Lucy can bring along signed copies of Lighting the Fuse for sale or is happy to sign members own copies.</i></p> | |
| <p>NEW! Mary Newton 4 Carpenters Yard New St Fressingfield IP21 5QJ ☎ 07879 434406 @ marynewton@btinternet.com</p> | <p>True life explanations of high-profile cases worked on by a forensic biologist of 40 years' who was part of the team based at the London Laboratory.</p> <p>1. Blood Sweat and Fears: How forensic scientists deal with murder cases. Does not include pictures of dead bodies but does include images of blood patterns. One of the cases covered is the serial murderer, Dennis Nilsen.</p> <p>2. Rape short word, long sentence Part 1: Mary was the lead forensic expert in the UK on rape cases from 1999 until she retired in 2019. It covers what is relevant for scientists to focus on in this type of crime and includes a couple of rape cases, one of which was dramatised on the BBC in 2017 as "Three Girls".</p> <p>3. Rape short word, long sentence Part 2: Covering serial rape cases that Mary worked on, including the Night Stalker/Operation Minstead which was dramatised on ITV where Martin Clunes played the lead Detective, DCI Colin Sutton.</p> <p>4. What do we do when the dogs don't bark: This covers murder cases where the suspects or evidence itself</p> | <p>Fees: £50 (up to 35 max.) £65 (36- 60 max.) £80 (60+)</p> <p>Travel: 35p per mile</p> <p>Available: M, A, E, SN & O</p> |

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| | <p>mislead the investigation at the crime scenes. This included the murder of Rachael Nickell.</p> <p>5. Murder under the microscope: Cases that took a long time for the victims to be discovered, including the murder of Sarah Payne, the Soham Murders, and the fake abduction of Shannon Matthews.</p> <p><i>It is recommended talks are followed in order from 1 to 5.</i></p> | |
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TRAVEL

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| <p>Jenny Gibbs Rose Cottage The Green Pettaugh IP14 6DH ☎ 07403 671350 @ turkishtalks@live.co.uk 🌐 www.turkishtalks.com</p> | <p>Jenny has a repertoire of talks about Turkey including:</p> <p>A Turkish Shirley Valentine My Turkish Farmhouse Restoration Turkish Cuisine Natural Homemade Turkish Remedies The Story of Silk and Pashmina</p> <p><i>Jenny has a selection of handmade Turkish items for sale.</i></p> | <p>Fee: £50</p> <p>Travel: 30p per mile</p> <p>Available: M, A, E, SN & O</p> |
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WILDLIFE & ANIMALS

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| <p>NEW! Barbara Meyer 16 Slades Close Glensford CO10 7PT ☎ 07912 161969 @ barbara@bigcatphotography.co.uk 🌐 www.bigcatphotography.co.uk</p> | <p>Big Cats Around the Globe</p> <p>Wildlife Photography and Its Role in Conservation</p> <p>Wildlife Conservation: Helping Endangered Species</p> <p>On Safari in South Africa</p> <p>Wildlife in Sherwood Forest</p> <p>Stories Behind Photos</p> | <p>Fee: £85</p> <p>Travel: TBA</p> <p>Available: M, A, E, SN & O</p> <p>Requires: Screen/blank wall</p> |
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| | <p>Focusing on Wildlife</p> <p>Seals in Lincolnshire and Norfolk</p> | |
| <p>Hawk Honey 1 Felix Cottage Athelington Road Horham IP21 5EG ☎ 07787 550671 @ hawkhoney@rocketmail.com</p> | <p>The Forgotten Bees: We all know about honeybees and bumblebees, but what about the myriad species of other UK bees who need our help. Discover the forgotten bees and what we can do to help them.</p> <p>Wasps - Malicious or Misunderstood? Wasps always get a bad press, but are they as bad as we think they are, or are they really our friends? Find out more about this much maligned creature and maybe learn to love wasps!</p> | <p>Fee: £65</p> <p>Travel: FOC</p> <p>Available: E & SN</p> <p>Requires: Screen/blank wall</p> |
| <p>Jonathan Houseago 1 Howes Avenue Thurston IP31 3PE ☎ 07952 415206 @ info@seagomacwildlife.co.uk 🌐 www.seagomacwildlife.co.uk</p> | <p>How to help our hedgehogs: Giving an insight into hedgehog ecology, behaviour and conservation, finishing with ten simple practical tips on how you can help hedgehogs and make your garden hedgehog friendly.</p> <p><i>Everyone will be given a booklet of supporting notes.</i></p> | <p>Fee: FOC</p> <p>Travel: FOC</p> <p>Available: M, A, E & SN</p> |
| <p>NEW! Nan Eshelby White House Wratting Road Haverhill CB9 0DE ☎ 07552 288188 @ bombusthebee@gmail.com 🌐 www.bombusthebee.com</p> | <p>Spark a Love of Nature: Author and illustrator of children’s picture books and nature inspired gardener, learn about Nan’s story and how you can all help.</p> <p><i>Nan’s books will be on sale after at a discounted price.</i></p> | <p>Fee: £50</p> <p>Travel: FOC</p> <p>Available: M, A, E & SN</p> |