



The WI Hive



Chair's Chat

A Happy New Year to you! As I write it's another dull, cold January day, but not so bad knowing we have so much to look forward to in the coming months! Not only the promise of longer, warmer days but the many events we are planning here at Suffolk West Federation.

Rachel has only allowed me 200 words this month as space is needed to promote the NFWI Annual Meeting. Am I put out, not a bit, when you see the details you'll know why!

I'm sure like me you were disappointed when National announced the 2025 Annual Meeting would be virtual, but I'm very excited about this new initiative, working with Suffolk East and Norfolk Federations to still give you the full annual meeting experience and the chance to watch the Annual Meeting together at Norwich Theatre Royal. There will be stalls for retail therapy, plenty of places for lunch and best of all you will be amongst friends to enjoy the day.

NFWI have announced guest speakers Angela Strawbridge, who found fame with her husband Dick in Escape to the Chateau, and Emma Bridgewater - who doesn't love her beautiful pottery?

Look out for more information next issue!
Maggie Glavin | SWFWI Chair

theWI
INSPIRING WOMEN
WITH GUEST SPEAKERS

NFWI ANNUAL MEETING SCREENING
WEDNESDAY 4 JUNE
NORWICH THEATRE ROYAL

ANGEL STRAWBRIDGE
CA ESCAPE TO THE CHATEAU

Emma Bridgewater

LET US BRING THE FULL NFWI ANNUAL MEETING EXPERIENCE TO YOU!
SCREENING LIVE AT NORWICH THEATRE ROYAL.

COMING SOON TOGETHER WITH   

WINNER

This month's Golden Ticket winner is...
Val Hearne
Bury WI

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!



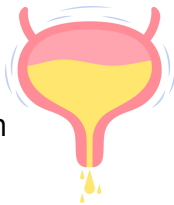
Resolutions 24/25

Now is your chance to cast your selection for the resolution you support the most!

This year's shortlisted resolutions are:

Let's Talk about Incontinence

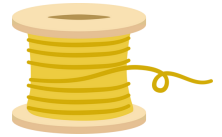
It is estimated that 14 million people in the UK of all ages are suffering with bladder problems, and a further 6.5 million with bowel problems. However, it is still a subject that is misunderstood and very hard to talk about. The WI calls upon the UK & Wales' Secretaries for Health and Social Care to examine all areas of health and wellbeing that are affected by incontinence issues, and for the government to commit to an audit to provide a national picture of incontinence care, from which to drive improved services. We call upon WI members to raise public awareness, remove the stigma and to help reduce the significant impact on people's lives.



Bystanders can be Lifesavers

There are over 30,000 out of hospital cardiac arrests a year in the UK, and less than one in ten people survive. Women have a lower chance of surviving than men. Early cardiopulmonary resuscitation (CPR) and defibrillating can more than double the chances of survival. We call on WI members to work together to increase public confidence in

the delivery of CPR and to work with local organisations to help to improve access to defibrillators in their communities to give every person the best chance of surviving.



Join the Repair Revolution

There is a huge excess in clothing production which has devastating consequences for the environment. The WI calls on the UK Government to strengthen the law and investment to support a circular economy of clothing and fabrics in the UK, where repair and reuse is achievable, accessible, and affordable to all. We also call on WI members to promote clothing reuse and repair in their communities.

Eliminate Landfill of Medication Packaging

Medication packaging, due to its complexity, is not recyclable through local authority collections. We call on the WI to raise awareness by encouraging additional collection points where packaging can be easily recycled. Furthermore, we call on manufacturing companies to acknowledge their responsibility by exploring simpler packaging alternatives that have less impact on the environment. These steps can significantly improve recycling rates to move towards eliminating landfill.

NEXT ➔

Notify your WI Secretary of your selection by 9 February either in person at your WI meeting, by phone, email or using the slip in WI Life.

However you vote, don't miss out on using your voice!!

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 • DOORS 9.15AM

WITH GUEST SPEAKERS

ADAM FROST
BBC GARDENERS' WORLD

Our speakers for 2025 are BBC Gardeners' World presenter, Adam Frost, and Chantal Dawson, the woman behind Bury St Edmunds business [Grow My Wellbeing](#).

CHANTAL DAWSON
GROW MY WELLBEING

ADDITIONAL INFORMATION

- You can pre-order a lunchbox by Elite Cakes & Buffets. Includes tuna mayo roll, Cheddar & red Leicester with celery & mayo roll, kettle crisps, scotch egg wedges, a stuffed chocolate chip cookie and a banana.
- 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.
- You must notify us if you require accessible seating when booking.
- More sale stalls to be confirmed next issue.

PLUS STALLS FROM

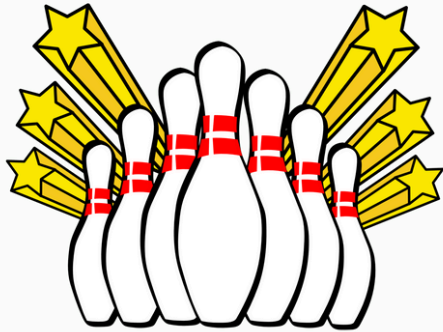


OVER 50%
OF TICKETS SOLD

ORDER
NOW

Tickets from £21 per member
Lunchboxes an additional £11

TEN PIN BOWLING



WEDNESDAY 12 FEBRUARY
WEDNESDAY 12 MARCH
10.30AM-12.30PM
BURY BOWL
WI MEMBERS £10.50

SOUP & NATTER



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

SOUPS: MINESTRONE
LEEK & POTATO

LET'S DANCE

THE BIGGEST UK DANCE EVENT TO
GET YOUR MIND AND BODY MOVING
FOUNDED BY ANGELA RIPPON

CALLING ALL DANCING QUEENS!
JOIN US FOR A ONE HOUR ABBA WORKSHOP
WITH ALL STEPS FIRST DANCE

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 & CHIPS (OR ALTERNATIVES)

MIXED MEDIA WORKSHOP

DECORATE A WOODEN HANGING PLAQUE
USING A MIX OF ARTISTIC MEDIUMS.

SOLD
OUT

FRIDAY 28 MARCH
10.30AM-1.30PM
SUFFOLK WEST FEDERATION

GLEMSFORD Spring WALK

A four mile guided walk across
field tracks and roads with local
history included.

There will be no stiles to climb and due to health &
safety, no dogs are allowed.
Dress appropriate for the weather.
Bring a drink and a snack.
Free parking & toilets are available.

THURSDAY 8 MAY
MEET 9.45AM
GLEMSFORD VILLAGE HALL
£3 PER PERSON



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.
- Submit to fedsec@swfwi.org.uk
- **Deadline for the next issue is 19 February.**

Chevington WI

We had our first meeting of 2025 on a very cold night but the welcome was warm.



We had a members evening, including business and discussions around the resolutions, followed by coffee and lots of chattering catching up after the Christmas break. We then enjoyed several rounds of Beetle. One of the tables seemed to be absolutely brilliant and won virtually every game, then came the raffle and their luck carried on. I'm sitting on their table next time!

Newmarket Evening WI

To kick off our New Year we welcomed Steve Merrell with his talk *We'll Always Have Casablanca*.

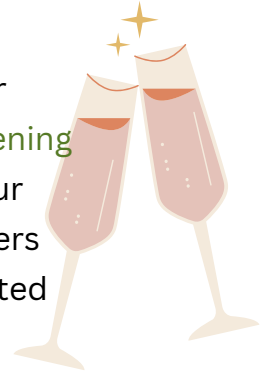


This wonderful film was released in 1942 during WWII, and with its stellar cast, cinemas were packed at the time of release.

Steve showed us clips and told us how the studios worked and what sort of restrictions were placed on the actors etc. One fact he shared was that Humphrey Bogart was not the first choice to play Rick, it was Ronald Reagan!

Glemsford WI

We began the New Year with a Quiz and Fizz evening with David Newell as our Quiz master. The crackers questions certainly tested our powers of lateral thinking. It was a noisy and enjoyable meeting aided by the Prosecco as well as David's excellent quiz.



We also discussed and voted on the WI resolutions.

Simpling & Alpheton WI

What a moving and inspiring special talk we and quite a number of guests were treated to this month! Carol and David



Dunkley, themselves Shimpling residents, are puppy trainers for *Guide Dogs for the Blind*. They brought their current trainee puppy, called Fern, along to meet us and spoke about what puppy raisers do. Fern proved to us that through her training she is well on track to transform the life of a blind or visually impaired person for the better.

Rickinghall WI

On a very cold evening in January a delightful couple, **Robin and Sue Franklin**, gave us **Delicious Nonsense**. They have a long history in the entertainment business and recited poems and lyrics written by Robin. They had us laughing at their funny insights into life, particularly with a poem, complete with clever props, about a chocoholic and a poem entitled Rickinghall WI. After refreshments Robin and Sue read out the four winning funny poems from our competition. We all agreed it was worth turning out in the cold to see them.



Polstead WI

Line dancing was the theme for our January meeting. **Rosie Macro** was our teacher and after a few practice steps, the dancing began. Everyone had such a good time. It made us smile and it was good exercise too.



Woolpit WI

Adrian Tindall promised he would explain the intriguing title of his talk, **Bury St Edmunds - A Handsome Little Town**, in the course of his talk and he did. We negotiated the town's fascinating history, from the life and death of King Edmund, the foundation of the Abbey in the seventh century (becoming one of the wealthiest in England), unrest between the monks and town folk and the intriguing examples of outstanding architecture from every period since which led us to the words of Mr Pickwick, '*a handsome little town*'.

Wickhambrook WI

For the first meeting of 2025 we welcomed Voice Coach **Steve Amer**. It quickly became apparent that this was to be a talk which included audience participation as Steve talked about the importance of music, and in particular singing, on people's physical, emotional and mental health.

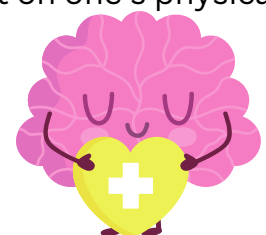


We were encouraged to join in a call and response aboriginal lullaby - led by Steve. After that we launched into a rousing rendition of "Que Sera Sera", "There's a Kind of Hush" and "Puppet on a String".

Steve works with the charitable group **Beccles Choir** which began with the idea of forming a choir for people who cannot sing! The aim is to make the choir inclusive for people who perhaps cannot read music or who feel self-conscious about their singing ability.

Steve also talked about how after the Second World War two servicemen realised the effect of nurses singing to wounded soldiers had on their recovery. Music Therapy has since become an important part of helping in the recovery of physical and mental health.

We all enjoyed Steve's interactive talk and were in agreement that music truly has a positive effect on one's physical and mental health.



Thurlow WI

We welcomed in the New Year at our meeting with a painting masterclass.

Our own Sherry Collier expertly talked us through how to paint with acrylics and gave us tips as we progressed.

Whilst we don't think Van Gogh has much to worry about, the tuition was so effective that fifteen reasonable versions of a vase of daffodils were produced.

An enjoyable, relaxing, social evening. Thank you Sherry.



Drinkstone WI

This month we were joined by Sharon Schofield who gave us a very interesting talk on Bowen Therapy. Sharon has been practising Bowen for the last six years and she now works at the Self Centre in Bury St Edmunds.



Bowen Therapy is a gentle body massage which works on the connective tissues (just below the skin) to send healing messages to the brain.

Sharon enhanced her talk with a power point presentation and answered lots of questions at the end. She also taught us how to do a self-massage on the face and neck.

Pakenham WI

Our first meeting of the year was our Annual quiz. Margo (a member), her husband plus her hearing dog, Linus, were our quizzers.

In teams of four with a screen with the questions on, there were six rounds with ten questions in each. The topic was cheese – yes, 60 questions on cheese! The variety of questions was amazing! To aid our thinking we had cheese, nibbles and wine! An enjoyable and fun evening.



Haverhill Owls WI

In January, the Owls welcomed back Lindsey Barrell. Her talk Marvellous Mindfulness was just the ticket to lift our spirits in this greyest of months.

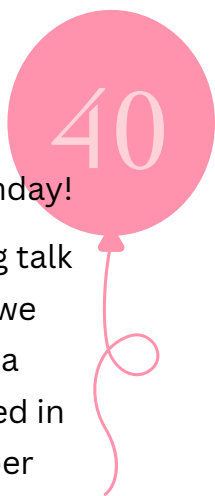
We are looking forward to another exciting year of WI activities. Happy New Year everyone!



St Edmunds Morning WI

We recently celebrated a very special occasion, our 40th birthday!

After business and a fascinating talk about Medical Detection Dogs we toasted ourselves with fizz and a slice of delicious cake, decorated in WI colours, and made by member Lynn Clarke. A wonderful meeting!

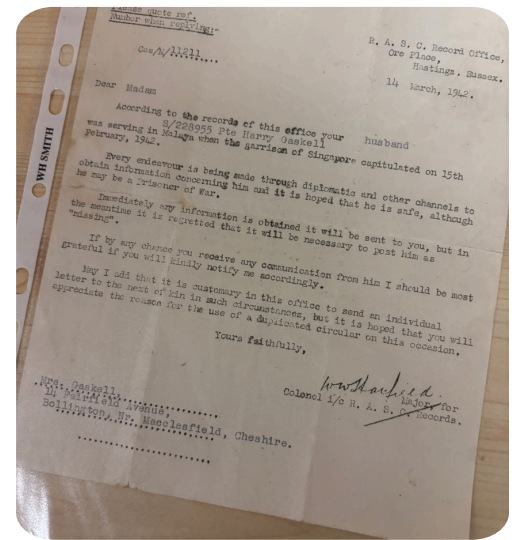


Honington & Sapiston WI

We welcomed **Adrian Hoyle**, a volunteer for the **War Graves Commission** for our first meeting of the year.

Adrian gave a captivating talk about war graves across the world. We all learnt a great deal of the importance of the project. The graves are kept beautifully due to hardworking volunteers. Adrian also told us stories of soldiers whose graves are in Honington.

Our competition was War Memorabilia with some fascinating entries!



Long Melford WI

A gentle introduction to the New Year was needed with a lot of conversation, reflections on 2024 and a Chinese raffle. We now look forward to a packed programme in 2025!

Bury Afternoon WI

The end of 2024 was filled with activities; November saw us making handbag gift bags with our very own Margaret Brackenbury.



In December members attended **Afternoon Tea** at Park Farm and we enjoyed a festive meal at West Suffolk College. We also enjoyed songs from the 60's by Barrie and Pete .

Great Ashfield & Badwell Ash

In December, to celebrate the end of our Centenary year, **Caspers Catering** cooked us a delicious lunch which we followed with a quiz and dingbats. A wonderful event enjoyed by all.

SWFWI Calendar

Ten Pin Bowling | 12 Feb
10.30AM-12PM | Bury Bowl

WI Member £10.50

Let's Dance | 2 Mar
11AM-12PM | Horringer CC

£15 per person

Soup & Natter | 7 March
12.30PM-2PM | SWFWI

WI Member £9
Non WI £9.50

Ten Pin Bowling | 12 Feb
10.30AM-12PM | Bury Bowl

WI Member £10.50

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

Glemsford Spring Walk | 8 May
9.45AM | Glemsford Village Hall

£3 per person